

# REAL SIMPLE

LIFE MADE EASIER

RELAX!  
28 GREAT  
VACATION  
BOOKS

**the food issue**

## Easy Summer Dinners



**Light Meals  
in 30  
Minutes**

**Get More  
Veggies in  
Your Diet**

**Summer  
Fun—  
Minus the  
Hassles**

## New! Flourish by LashBlast

Lashes get "me time" with our creamy formula—featuring lush ingredients for soft, defined volume.

Infused with avocado, coconut  
and papaya oils.



### MASSY ARIAS

Trainer, Wellness Champion, Self-Centered

"I don't train for a body. I train for me."

# COVERGIRL®



I am what I make up.

**PROOF THAT A CAR YOU REALLY NEED  
CAN ALSO BE A CAR YOU REALLY WANT.**



The days of sacrificing your wants for your needs are over. The Chevrolet Equinox perfectly blends the versatility that makes life easier with the class and style that make it better. Inside, you're treated to a refined interior that's roomy, flexible and comfortable. Available features like a hands-free gesture liftgate, switchable AWD, Low Speed Forward Automatic Braking<sup>1</sup> and Surround Vision<sup>1</sup> with its virtual bird's-eye view, help add convenience and safety to every trip. And its design looks great from every angle. The Chevrolet Equinox. Your wants and needs can now travel together in harmony.

**CHEVROLET EQUINOX**



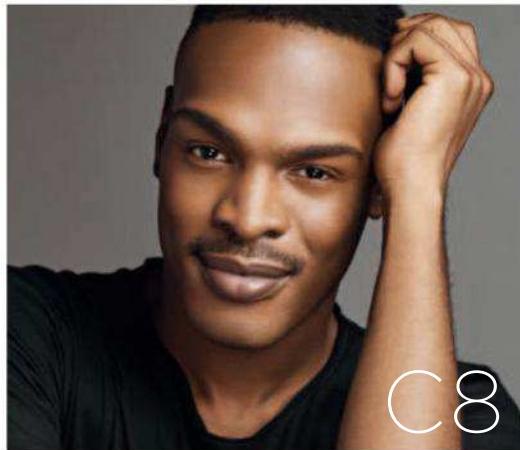
FIND NEW ROADS™

CHEVROLET





C6



## TRUE MATCH

**True Match goes beyond shade-matching  
to skin-matching. Now in 45 shades.**

With over 12 years of research, we've developed a unique blend of pigments to craft every shade. To more precisely match skin's warm, neutral and cool undertones. In a hydrating formula. With a natural finish that's true to you — and your skin.

**100% GUARANTEED\***

**L'ORÉAL**  
**PARIS**

\*Money back guarantee, up to \$15.95 (sales tax and shipping will not be refunded). Restrictions apply. For details, call 1-800-480-8980.

## Thoughts



"Pull up a chair. Take a taste. Come join us.  
Life is so endlessly delicious."

—RUTH REICHL, in *Gourmet* magazine (March 2007)



©2018 Garnier LLC.

Nurture even fine hair  
without the weigh down

*our most gentle blend with oat milk & rice cream extracts*

GARNIER  
**Whole Blends™**  
GENTLE SHAMPOO

Oat Delicacy  
OAT MILK & RICE CREAM EXTRACTS

PARABEN FREE • Tested on Sensitive Scalp • SOOTHES, HYDRATES & PROTECTS

GARNIER  
**Whole Blends™**  
GENTLE DETANGLING MILK

Oat Delicacy  
OAT MILK & RICE CREAM EXTRACTS

PARABEN FREE • SOOTHES, HYDRATES & PROTECTS

oat milk sourced  
from Finland  
• Paraben Free •

**GARNIER**  
garnierwholeblends.com

FIND YOUR BLEND  
#WHOLEBLEND

**CVS** pharmacy®

## **Editor's Note**



**REAL SIMPLE  
HOME**

Why am I sitting in an almost empty apartment, you ask? Well, it won't be empty for long. Over the next few months, we'll be designing the Real Simple Home using all our favorite organizing strategies, design ideas, and innovative products. Look for updates each month—and our big reveal in our October issue!

**W**HEN YOU'RE FROM Iowa like I am, you hear a lot of jokes about corn. "You look a little...cornfused." "Stop being so corny." You get the picture. But I don't mind, because I absolutely love corn on the cob. (I also don't mind if this makes me seem like a cliché.) Freshly picked, with lots of butter and salt, or chili powder and Mexican farm cheese—it satisfies me on a level that goes beyond appetite, evoking long, lazy summers spent eating ear after ear at the picnic table on our back patio with the shiny, wipe-clean tablecloth.

My father, who grew up in South Carolina, is the same way about peaches. When I was a girl, he used to fly home from visits there with a whole crate of them, and when people in the boarding line questioned him about it, he always had the same response: "If you have to ask why I'm flying north with peaches, then you haven't eaten a South Carolina peach."

Few things connect us to our homes and heritage like the produce actually grown in the ground where we grew up—a source of pride and nostalgia. I haven't lived in Iowa for years, but a bite of corn on the cob takes me right back there. For you, it may be tomatoes or raspberries, okra or watermelon that delivers fond memories beyond the delicious flavor.

So what better month to bring you Real Simple's Food Issue than July, when farmers' market stands, grocery produce aisles, and perhaps your own garden are bursting with color-rich foods. This month our food team brings you an A to Z guide to summer cooking (page 42) plus new takes on your favorite backyard picnic dishes (page 120). And don't miss our food director Dawn Perry's weekly show, *Real Simple Cooking School*, on our site for smart recipes and advice all year round.



Follow me on  
Twitter @lyazel  
and Instagram  
@lesleyazel



## HONEY, WELCOME TO THE FAMILY.

*Deep, nourishing moisture for soft, beautiful skin.*

Jergens® Nourishing Honey Moisturizer. All-day nourishment that glides on, smooths and softens for buzz-worthy beautiful skin. And try radiant Shea Butter and Hydrating Coconut. The tender loving moisture skin thirsts for.

**JERGENS**  
Let your beautiful shine™

# Contents

July 2018

## ON THE COVER



### Peel-and-Eat Shrimp with Butter and Herbs

Cook 2 lb. unpeeled jumbo shrimp in a large pot of boiling salted water until pink and just cooked through, 3 to 5 minutes. Toss with 6 Tbsp. melted butter and  $\frac{1}{4}$  cup chopped fresh herbs (we like a mix of chives and parsley). Serve with lemon wedges and a lot of napkins.

- Easy summer dinners.....120
- Light meals in 30 minutes....131
- Get more veggies in your diet.....42
- Summer fun—minus the hassle.....106
- 28 great vacation books.....94

106  
MAKE  
BACKYARD  
MAGIC



## COVER CREDITS

Cover Photograph by Victor Protasio

Food Styling by Chelsea Zimmer Prop Styling by Claire Spollen



49

Take care of your hands



129

Recipes you'll make all month



57

Not your nana's wallpaper

**Thoughts** ..... 6**Editor's Note** ..... 8**Real Simple 24/7** ..... 14**Your Words** ..... 16**The Short List** ..... 18**what we love****Fresh Tools for Flower Lovers** ..... 21**Pretty Smart**  
Beauty buys to save your sanity ..... 24**The Staple**  
Apple cider vinegar ..... 29**Little Helpers**  
Clever items that make every day better ..... 30**New Uses for Old Things**  
Beach hacks ..... 32**Real Simple Home**  
Practical tips for reworking your kitchen ..... 34**the realist****How to Care for Your American Flag**

Keep Old Glory looking like new ..... 39

**Organize This**

Set up an elegant home bar ..... 40

**Things Cooks Know**

An A to Z guide to summer cooking ..... 42

**Real Simplifier**

The easiest way to eat a whole crab ..... 46

**Show Your Hands**Some Love  
Tips to preserve that delicate skin ..... 49**Road Test**

No-streak, no-fuss sunless tanners ..... 54

**Wallpaper 101**

Nail a peel-and-stick project ..... 57

**Natural Wonders**

Pretty woven handbags for all occasions ..... 61

**Personal Shopper**

Brooklyn Decker styles you for the beach ..... 66

**relating****Raise Kids Who Are****Smart About Money**

Instill good habits at every age ..... 69

**Feel Prepared for****Any Emergency**

Do this now to set your mind at ease ..... 76

**What's Selling at the Pet Store?**

Hot items at Colorado's Republic of Paws ..... 78

**Good Read**

Elisabeth Egan on learning to appreciate teenagers ..... 81

**Modern Manners**

Catherine Newman offers advice ..... 86

**balance****The "Clean Eating" Rules to Follow—****and Break**

Healthy eating doesn't have to be so hard ..... 89

**Have Books, Will Travel**

Seven authors on the books they're packing for vacation ..... 94

**Making It Work**

What service do you hire out during the workweek? ..... 103

**Ahhh**

Take a breather ..... 105

**features****Backyard Bliss**

The meals, memories, gear, and games: our giant guide to making the most of summer without ever leaving your yard ..... 106

**food****5 Easy Dinners** ..... 131**Make It Yourself**

Fresh salsa ..... 136

**Road Test**

Which hot dogs taste best? ..... 138

**Big Batch**

Simple syrup ..... 140

**The Struggle Is Real** ..... 142

REAL SIMPLE® (ISSN 1528-1701) IS PUBLISHED MONTHLY (VOLUME 19, ISSUE 7) BY TIME INC., A WHOLLY OWNED SUBSIDIARY OF MEREDITH CORPORATION. PRINCIPAL OFFICE: 225 LIBERTY STREET, NEW YORK, NY 10281. PERIODICALS POSTAGE PAID AT NEW YORK, NY, AND ADDITIONAL MAILING OFFICES. POSTMASTER: SEND ALL UAA TO CFS (SEE DMM 5071.5.2); NONPOSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO REAL SIMPLE MAGAZINE, P.O. BOX 62120, TAMPA, FL 33662-2120. CANADA POST PUBLICATIONS MAIL AGREEMENT NO. 40110178, GST#13230021RT001. SUBSCRIBERS: IF THE POSTAL SERVICE ALERTS US THAT YOUR MAGAZINE IS UNDELIVERABLE, WE HAVE NO FURTHER OBLIGATION UNLESS WE RECEIVE A CORRECTED ADDRESS WITHIN TWO YEARS. YOUR BANK MAY PROVIDE UPDATES TO THE CARD INFORMATION WE HAVE ON FILE. YOU MAY OPT OUT OF THIS SERVICE AT ANY TIME. MAILING LIST: WE MAKE A PORTION OF OUR MAILING LIST AVAILABLE TO REPUTABLE FIRMS. CUSTOMER SERVICE AND SUBSCRIPTIONS: FOR 24/7 SERVICE, PLEASE USE OUR WEBSITE, REALSIMPLE.COM/CUSTOMERSERVICE. YOU CAN ALSO CALL 1-800-881-1172 OR WRITE TO REAL SIMPLE AT P.O. BOX 62120, TAMPA, FL 33662-2120. © 2018 TIME INC. FOR INTERNATIONAL LICENSING AND SYNDICATION REQUESTS, PLEASE EMAIL SYNDICATION@MEREDITH.COM OR CALL 1-212-522-5868. ALL RIGHTS RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT WRITTEN PERMISSION IS PROHIBITED. REAL SIMPLE® IS A REGISTERED TRADEMARK OF TIME INC. PRINTED IN THE U.S.A.

# REAL SIMPLE

Leslie Yazel  
EDITOR IN CHIEF

Rina Stone  
EXECUTIVE CREATIVE DIRECTOR

EXECUTIVE EDITOR Sara Austin  
EXECUTIVE MANAGING EDITOR Lavinel Savu  
DIGITAL DIRECTOR Heather Morgan Shott  
CREATIVE DIRECTOR Emily Kehe  
PHOTO DIRECTOR Muzam Agha  
DEPUTY EDITOR Anna Maltby

**EDITORIAL**  
SENIOR EDITOR, FEATURES Elizabeth Sile  
ARTICLES EDITOR Brandi Broxson  
ASSISTANT EDITOR Lauren Phillips  
EDITORIAL ASSISTANT Nora Horvath

**FOOD**  
FOOD DIRECTOR Dawn Perry  
FOOD EDITOR Ananda Eidelstein

**BEAUTY**  
BEAUTY DIRECTOR Heather Muir Maffei  
BEAUTY EDITOR Lisa DeSantis

**HOME**  
HOME EDITOR Stephanie Sisco  
ASSISTANT HOME EDITOR Tamara Kraus  
CONTRIBUTING HOME EDITORS Cat Dash, Julie Vadnal

**FASHION**  
SENIOR FASHION EDITOR Rebecca Daly  
ASSOCIATE FASHION EDITOR Flavia Nunez

**REALSIMPLE.COM**  
MANAGING EDITOR Brenda Dargan-Levy  
DIGITAL CREATIVE DIRECTOR Rebecca Hart  
VIDEO DIRECTOR Jerry Leu  
SOCIAL MEDIA MANAGER Rebecca Longshore  
SENIOR EDITOR, HOME Katie Holdefehr  
LIFESTYLE EDITOR Claudia Fisher  
ASSOCIATE PRODUCER Hannah Norling  
ASSOCIATE SOCIAL MEDIA EDITOR Brooke Schultd  
CONTRIBUTING ASSOCIATE VIDEO EDITOR Tessa Donolli  
CONTRIBUTING VIDEO PRODUCER Amy Frank

**ART & PHOTO**  
DESIGN DIRECTOR Deanna Lowe  
DEPUTY PHOTO EDITOR Lawrence J. Whritenour Jr.  
CONTRIBUTING ART ASSISTANT Lina LeGare

**PRODUCTION**  
EDITORIAL PRODUCTION DIRECTOR Filomena Guzzardi  
PREMEDIA DIRECTOR Richard Prue  
PREMEDIA MANAGER Claudio Muller

**COPY & RESEARCH**  
COPY & RESEARCH CHIEF Kathy Roberson  
DEPUTY COPY & RESEARCH CHIEF Jenny Brown  
CONTRIBUTING COPYEDITOR Mary Beth Protomastro  
CONTRIBUTING RESEARCHER Maya Kukes

Daren Mazzucca  
VICE PRESIDENT, GROUP PUBLISHER

Vildia Samaniego  
VICE PRESIDENT, BRAND MARKETING

## ADVERTISING SALES

**MIDWEST**  
VICE PRESIDENT, GROUP SALES DIRECTOR Mindy Provenzano  
INTEGRATED ACCOUNT DIRECTORS Margaret Graff, Jennifer Latwis  
ADVERTISING SALES ASSISTANT Teri Dasbach

**WEST COAST**  
INTEGRATED ACCOUNT DIRECTOR Julie Dayton

**EAST COAST**  
INTEGRATED ACCOUNT DIRECTORS  
Cynthia Boniello, Cathy Goepfert, Lizzie Utt  
INTEGRATED ACCOUNT EXECUTIVE Kerry Dunne

## MARKETING

SENIOR MANAGERS, BRAND MARKETING Stephanie Hipp, Laura Taubman  
MANAGERS, BRAND MARKETING Misty Chandler, Kayla Gambino  
ASSOCIATE ART DIRECTOR Alexandra Bisano

## PRODUCTION

PRODUCTION DIRECTOR Rosemarie Iazzetta  
PRODUCTION MANAGER James Flynn  
ADVERTISING PRODUCTION SPECIALIST Namitha Rodrigues

## DIGITAL

EXECUTIVE DIRECTOR, CONTENT, OPERATIONS & STRATEGY Melissa Inman  
GENERAL MANAGER, HOME Angelique Jurgill  
ASSOCIATE DIRECTOR, AUDIENCE DEVELOPMENT Zoe Barton  
SENIOR DIGITAL MERCHANDISING MANAGER Contessa Schexnayder  
DIGITAL MERCHANDISER Yasmin Lashley



## MEREDITH NATIONAL MEDIA GROUP

PRESIDENT Jon Werther  
MEREDITH MAGAZINES PRESIDENT Doug Olson  
PRESIDENT, MEREDITH DIGITAL Stan Pavlovsky  
PRESIDENT, CONSUMER PRODUCTS Tom Witschi  
CHIEF REVENUE OFFICER Michael Brownstein  
CHIEF MARKETING & DATA OFFICER Alysia Borsa  
MARKETING & INTEGRATED COMMUNICATIONS Nancy Weber

## SENIOR VICE PRESIDENTS

CONSUMER REVENUE Andy Wilson  
DIGITAL SALES Marla Newman  
RESEARCH SOLUTIONS Britta Cleveland  
CHIEF DIGITAL OFFICER Matt Minoff

## VICE PRESIDENTS

FINANCE Chris Susil  
BUSINESS PLANNING & ANALYSIS Rob Silverstone  
CONTENT LICENSING Larry Sommers  
CORPORATE SALES Brian Kightlinger  
DIRECT MEDIA Patti Follo  
STRATEGIC SOURCING, NEWSSTAND, PRODUCTION Chuck Howell  
CONSUMER MARKETING Steve Crowe

VICE PRESIDENT, GROUP EDITORIAL DIRECTOR Liz Vaccariello  
DIRECTOR, EDITORIAL OPERATIONS & FINANCE Alexandra Brez

## MEREDITH CORPORATION

PRESIDENT & CHIEF EXECUTIVE OFFICER Tom Harty  
CHIEF FINANCIAL OFFICER Joseph Ceryanec  
CHIEF DEVELOPMENT OFFICER John Zieser  
PRESIDENT, MEREDITH LOCAL MEDIA GROUP Paul Karpowicz  
SENIOR VICE PRESIDENT, HUMAN RESOURCES Dina Nathanson

EXECUTIVE CHAIRMAN Stephen M. Lacy  
VICE CHAIRMAN Mell Meredith Frazier

**GARNIER®**  
**SKINACTIVE®**

Stop  
harsh  
rubbing

Gently remove  
makeup in one step.

AMERICA'S #1  
**MICELLAR CLEANSING WATER\***

Garnier Micelles act like  
a magnet to remove  
makeup and impurities.

Paraben free  
Dermatologically tested  
Suitable for sensitive skin

- 1 • Removes makeup
- 2 • Cleanses
- 3 • Soothes



**GARNIER®**

[GarnierUSA.com](http://GarnierUSA.com) ©2018 Garnier LLC.

\*Based on Nielsen dollar and unit sales in food, drug and major discount retailers during the latest 52 week period ending 12/23/17

# Real Simple 24/7

FOLLOW US ONLINE FOR EXCLUSIVE IDEAS, TIPS,  
AND WAYS TO MAKE LIFE EASIER—EVERY DAY.



## MEET ANANDA EIDELSTEIN

FOOD EDITOR  
AT REAL SIMPLE

**My favorite summer recipe:**  
Taking advantage of gorgeously ripe tomatoes however I can.

**The kitchen gadget I can't live without:**  
A food processor. I love making dips and spreads from scratch.

**This summer you'll find me:**  
Trying to convince people that in-season melons, like cantaloupe, are absolutely delicious.

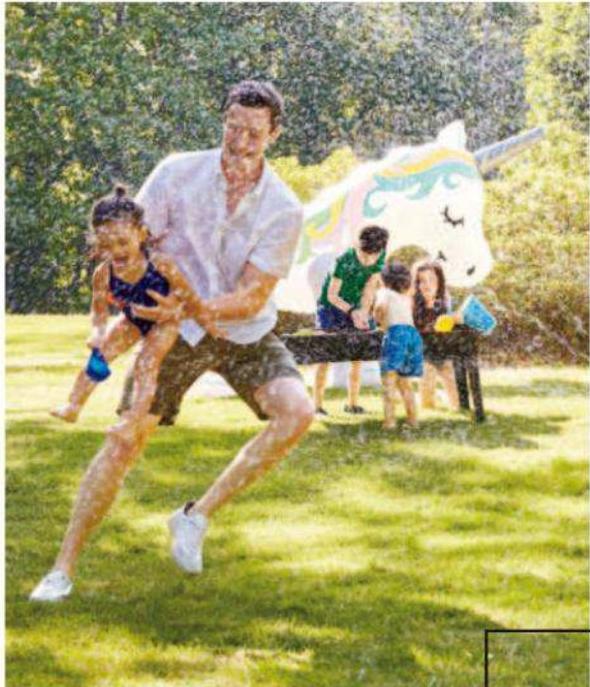
@CITRUSTREEKITCHEN  
ON INSTAGRAM



## Peek Inside Rebecca Atwood's Studio

We so admire Rebecca Atwood's story of how she turned her passion into her business, and we can't get over her stunning studio.

Watch now at [realsimple.com/rebeccaatwood](http://realsimple.com/rebeccaatwood).



## Because Indoors Is Overrated

Feeling inspired by our big backyard guide on page 106? Head online to shop every inflatable, hammock, and throw pillow featured. Plus, get even more outdoor decor tips and gardening ideas. Visit [realsimple.com/outdoors](http://realsimple.com/outdoors).



Open and tap for our favorite recipes.



## SHOPPING SHORTCUTS

Stuck in a fashion rut? Or maybe you just don't have time to shop? We compiled our favorite subscription boxes for every lifestyle, so you can get stylish clothing and accessories delivered right to your door.

Learn more at [realsimple.com/subscriptionboxes](http://realsimple.com/subscriptionboxes).



## REAL SIMPLE COOKING SCHOOL

Your favorite live cooking show is now a Facebook group! Join to chat with *Real Simple* food editors and swap tips and recipes with fellow home cooks. You'll learn everything you need to know to get meals on the table with ease.



PINTEREST  
[@REALSIMPLE](#)



TWITTER  
[@REALSIMPLE](#)



SNAPCHAT  
[@REALSIMPLEMAG](#)



FACEBOOK  
[@REALSIMPLE](#)



INSTAGRAM  
[@REAL\\_SIMPLE](#)

**Marriott**  
REWARDS.

**spg** • Starwood  
Preferred Guest



Caring for others  
like we'd like  
to be cared for.

It has always been our guiding principle.  
We live by the **#GoldenRule**

**COURTYARD®**

**FOUR POINTS®**

**SPRINGHILL  
SUITES®**

**Fairfield®**

## Your Words

# How do you simplify your cooking routine?

**I do the shopping and the prep, and my spouse executes the meal!**

CAITLIN ZINSSER, OAK PARK, ILLINOIS

#RSLOVE "PLANTS + A PASTEL CAKE = A PRETTY SUMMER MORNING" @MINT\_N\_MELON



**I live by the words "It's never too early to start prepping dinner."** Whenever I have a few minutes during the day or on the weekend, I do something for dinner ahead of time, whether it's chopping an onion, throwing together a quick salad, or making pasta or quinoa.

EMILY SMITH,  
GREENVILLE,  
SOUTH CAROLINA

**I use what I have in the kitchen** and create meals that are loosely based on a recipe, or no recipe at all.

Twitter icon @PAULAJSHELDON

**Make sure the tools, pots, and food items you use the most are the most accessible items** on every surface and in every cabinet and drawer. While you're at it, put everything you haven't used in a year up high.

Facebook icon LIORA SELTZER,  
NEW YORK CITY

**Keep your staple ingredients on hand at all times.** Fresh herbs, good olive oil, lemon, Parmesan, capers—if the pantry is stocked with versatile and quality ingredients, you are guaranteed a good meal every night of the week.

Facebook icon TIG FILSON,  
CUMBERLAND, MAINE

**While I'm cooking, I keep a "garbage bowl" on the counter** (for veggie scraps, wrappers, egg shells, etc.) to cut down on trips to the trash can. I put everything in something that's already dirty, like an empty spinach container or gently used Tupperware, so I'm not adding to the dirty-dish pile.

ARIANA LAKE,  
STEPHENSTOWN,  
NEW YORK

**Rotisserie chicken.** I take it home and repackage it: It's ready when I need to make quiche, chicken soup, chicken salad, you name it. It saves so much time and is easy and economical!

Facebook icon AMY TOOLEY  
RADACHI, DAYTON,  
OHIO

**I order groceries online and pick them up at my local store.**

NANCY HARRIS, MANSFIELD, TEXAS

**I have my two teenagers each cook one night a week.** They have to include a vegetable, and dinner can't be takeout. During the school year, it's typically some variation of pasta or tacos. But it doesn't matter—I get to come home to a fully cooked meal.

JANET KINARD,  
ATLANTA

**Meal delivery services.** It's the new date night! KATHERINE MOONEY,  
SEDONA, ARIZONA



The Instagrammers who shared the photos in this column will receive our Spring Cleaning special edition. Want to be considered for this column? Tag photos on Instagram with #RSLOVE.

**I always fill the sink with hot soapy water for cleaning as I go.** I can wash and reuse utensils, and when I'm done, the kitchen doesn't have to be cleaned.

HELEN BOUSLAUGH,  
WOODLAND,  
CALIFORNIA

**While prepping meals, we chop extra onions, garlic, or tomatoes and store them in small, lidded containers.**

For the next few days, we can use them for omelets and garnishes without having to prep again.

TINA HOM CHEN,  
REDDING,  
CONNECTICUT

**I married a man who loves to cook.**

MEGAN WAITE,  
FREDERICKSBURG,  
VIRGINIA

**I use two Instant Pots:** one for the main or meat dish and the other for the side or dessert. They cook quickly, and cleanup is a snap.

CHRIS STEPHENS,  
LUTTRELL, TENNESSEE

**I've accepted that I'm in a season of life when I need to spend a little bit more money to buy the prechopped produce.** My prep work is minimal, and I can spend time with my son and husband instead!

KRISTIN JONES,  
TURNER, MONTANA

**I've learned to turn leftovers into something completely different.** Meatloaf becomes taco meat; chili becomes tamale pie. The trick is to add fresh elements and stay within the same flavor family.

**MARY PIELENZ**  
HAMPTON, BOZEMAN,  
MONTANA

**Whoever gets off work first has to cook dinner.**

The kids clean up afterward. This works well for our family because my husband and I work various shifts throughout the week.

BRANDY BISWELL,  
PUYALLUP,  
WASHINGTON



**#RSLOVE "COME SAIL AWAY WITH US!"**  
@CHARLIEDOODLE7

## NEXT QUESTION...

**What good habit do you wish you'd started earlier?**

**Send an email to yourwords@realsimple.com** and let us know your answer to this question. Your response could appear on these pages.

**My daughter has been "helping" in the kitchen since before she could walk.**

Cooking with her allows me to turn a chore into fun together time. I'm not frazzled about getting dinner on the table so we can spend time together; we already are together.

**KATIE MALTAIS, LITTLETON, COLORADO**

# The Short List

FIVE BOOKS THAT WON'T DISAPPOINT

By Elizabeth Sile

## Dystopian love story

In Thea Lim's *An Ocean of Minutes*, it's 1981 and thousands are dying from a pandemic. A time-travel company starts recruiting people to work as bonded laborers in the future, in exchange for care for sick loved ones in the present. Polly signs on to help her soulmate, Frank, and they make a plan to meet in 1993. But Polly is rerouted to 1998 and must find him. Lim's inventive novel deftly explores time, class, and migration.



## Road-trip tale

When newly widowed Pival hears her son, Rahi (cast out of the family for being gay), has died, she refuses to believe it. Hoping to locate him, she books a tour of the U.S. with an Indian-owned—or so she thinks—company. Pival sets out with struggling actress Rebecca and first-time guide Satya, a Bangladeshi immigrant, on a cross-country trip that will change them all. Leah Franqui's *America for Beginners* is a heartfelt novel about forgiveness and acceptance.

## Beach read

In Miriam Parker's *The Shortest Way Home*, we meet Hannah, a soon-to-be California business school graduate with a lucrative job offer in New York. When she and her boyfriend, Ethan, take a trip to Sonoma, she finds herself questioning where her life is going and abruptly accepts a job at a failing winery. Parker's bingeable novel is perfect for those who've ever fantasized about their own path not taken.

## Medical history

Though the medical community now accepts the use of incubators for treating premature infants, it wasn't always this way. In *The Strange Case of Dr. Couney*, journalist Dawn Raffel explores the career of Martin Couney, a so-called doctor who saved thousands of preemies through his baby incubator sideshow at Coney Island in the first half of the 20th century. With fantastic detail, Raffel brings to life this complicated pioneer.

## Great for book club

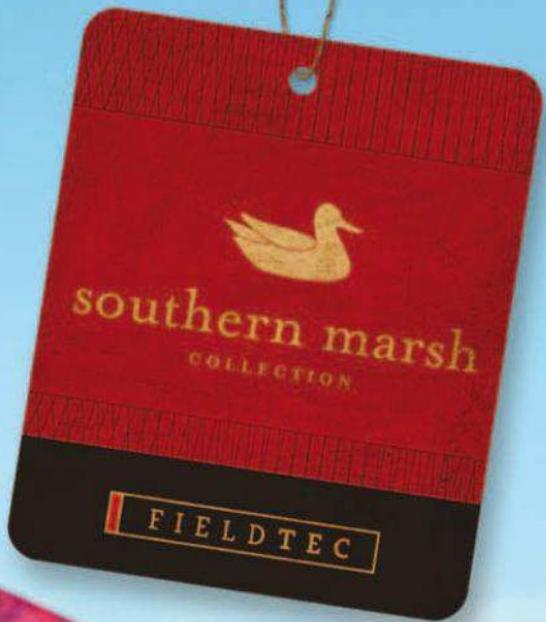
*Clock Dance*, the new novel from Pulitzer Prize winner Anne Tyler, follows Willa Drake during 1957, 1977, 1997, and 2017. She moves through life unsatisfied—with her stormy mother, with her headstrong husband—yet resigned to her milquetoast ways. But a call from a stranger will challenge Willa to put herself first. Anyone who's struggled to find her place in the world will cheer for Willa and adore Tyler's effortless (as usual) prose.

For more book recommendations, visit [realsimple.com/newbooks](http://realsimple.com/newbooks).



THE ORIGINAL SOUTHERN OUTFITTER™

shop online at [SOUTHERNMARSH.COM](http://SOUTHERNMARSH.COM)



HANNAH SHORT \$49

Available in Khaki, Camellia & Mint

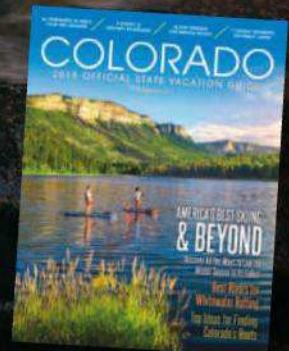
RIPTIDE BEACH TOWEL \$55

Available in Antigua Blue & Coral

A scenic photograph of a man and a woman standing in a shallow river, looking up at a large waterfall cascading down a rocky cliff. The background is filled with tall evergreen trees and misty sunlight.

# I AM THE ENDEAVOR YOU DIDN'T KNOW YOU WANTED. OR MAYBE YOU DID. THAT UNEXPLAINABLE IMPULSE

DRIVING YOU BEYOND YOUR IMAGINATION.  
I'LL HELP YOU REACH FAR OFF PLACES.  
AND CREATE MEMORIES YOU'LL KEEP, LONG AFTER YOUR RETURN.  
I'M COLORADO. AND I'LL SHOW YOU  
WHAT IT'S LIKE TO BE TRULY ALIVE.



Get the guide at [COLORADO.COM](http://COLORADO.COM)

EVERYTHING OUR EDITORS ARE BUZZING ABOUT THIS MONTH

# what we love



## Fresh tools for flower lovers

### COLORFUL REMINDER

A sculptural, curved design plus an enameled-zinc finish in a sherbet tone add up to a good-lookin' watering can. Display yours front and center as a reminder to give plants a little TLC.

**TO BUY:** Popsicle Watering Cans, \$24 each; [shopterrain.com](http://shopterrain.com).

**1 GOOD SEEDS**

This organic, non-GMO seed collection was developed by chefs and breeders who kept flavor in mind—not just yield and shelf life. **TO BUY:** Row7 Seeds, from \$3.50; [row7seeds.com](http://row7seeds.com).

**2 FLORAL FOLLOW**

Catch farmer and florist Erin Benzakein's stunning Instagram snaps of in-season blooms at her Washington State flower farm (@floretflower).

**3 MARKET FINDS**

Adjust this open-ended tote's sides to fit your haul. **TO BUY:** The Floral Society Canvas Market Tote, \$52; [thefloralsociety.com](http://thefloralsociety.com).

**4 TOOL OF THE TRADE**

Florist-approved, these scissors are ideal for cutting flowers, herbs, and vegetables in the garden. **TO BUY:** The Floral Society Floral Clippers, \$62; [food52.com](http://food52.com).

**5 KNEE SAVER**

Pretty and functional, this cushion is decked out in a William Morris wallpaper design originally printed in 1834. **TO BUY:** V&A William Morris Kneeler, \$42; Spur Line Supply Co., 505-242-6858.

**6 GREEN HIDEAWAYS**

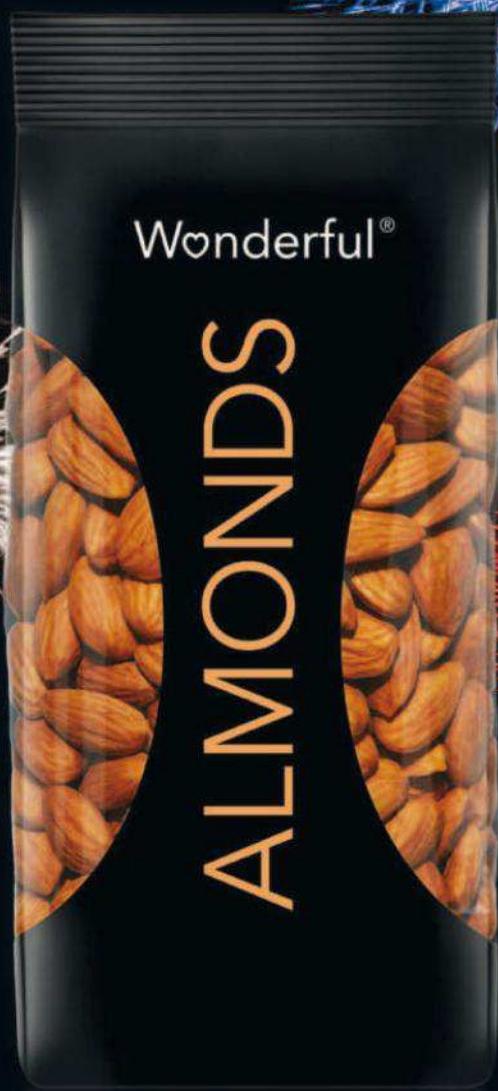
A roundup of secret urban gardens offers inspiration in a lovely package. **TO BUY:** Green Escapes by Toby Musgrave, \$30; [phaidon.com](http://phaidon.com).

**7 LASTING LABELS**

Keep track of your seedlings with these clever sticks—then use them again next season. **TO BUY:** Kikkerland Reusable Garden Markers, \$5 for 12; [kikkerland.com](http://kikkerland.com).

**8 NAILBRUSH**

This post-gardening essential is made with beechwood and hog bristle. **TO BUY:** Turner & Harper Nailbrush, \$22; [cloveandcreek.com](http://cloveandcreek.com).



# EAT YOUR HEART OUT.



HEART  
HEALTHY

This 4th of July, declare your independence from unhealthy snacking. Wonderful Almonds are heart healthy, a good source of protein and fiber, and won't get in the way of your summer goals.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. © 2018 Wonderful Pistachios & Almonds LLC. All Rights Reserved. WONDERFUL, the Package Design and accompanying logos are trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WA180411-20

# Pretty Smart

EYE SHADOW THAT SMELLS LIKE  
PEACHES AND SEVEN OTHER BEAUTY  
BUYS TO SAVE YOUR SANITY

By Heather Muir Maffei



## COVERGIRL TRUNAKED PALETTE IN PEACH PUNCH

Peaches are always in season with this sweetly scented eye shadow palette (one whiff and you're instantly happier). The sleek compact houses eight neutral shades—some shimmery, some matte—that require only one swipe over lids and don't crumble onto your cheeks. **TO BUY:** \$13.50; at drugstores.

### BIORÉ CHARCOAL CLEANSING MICELLAR WATER

Your nightly skin-care routine just got a lot easier. Pour a splash of this no-rinse cleanser onto a cotton pad and swipe over skin to remove makeup, dirt, and oil. Charcoal leaves skin clear and mattified.

**TO BUY:** \$7; at drugstores.

### AOA STUDIO AOA FACE MASK APPLICATOR

Keep your fingers and nails clean when applying a face mask with this silicone-tipped tool. The sweeping motion gives the at-home treatment a spa-like feel.

**TO BUY:** \$1; shopmissa.com.

### BENEFIT HELLO HAPPY SOFT BLUR FOUNDATION

Finally, an unfussy foundation. Shake and apply with fingertip (you don't even need a mirror) to even out skin tone and cover imperfections. In 12 shades.

**TO BUY:** \$29; benefitcosmetics.com.



### PIXI BY PETRA LASHLIFT 188 DOUBLE BRUSH MASCARA

All your mascara needs in one tube. The volumizing brush adds fullness, while the precision brush defines inner and lower lashes sans smudging.

**TO BUY:** \$18; pixibeauty.com.

### DP HUE COOL BRUNETTE SHAMPOO AND CONDITIONER

If your brown hair turns brassy, use this duo once a week. The deep blue pigment cancels out red and orange tones without stripping hair, thanks to nourishing hibiscus flower extract.

**TO BUY:** \$24 each; sephora.com.

### ORIBE SERENE SCALP SOOTHING LEAVE-ON TREATMENT

Remove flakes and soothe an itchy scalp (maybe after a dye job) with this cooling mint-and-chamomile cream. Part damp or dry hair, apply, then massage and style.

**TO BUY:** \$48; oribe.com.

### NARS FULL VINYL LIP LACQUER

This grown-up gloss has a special applicator: One side deposits the perfect dose; the other evenly spreads it.

**TO BUY:** \$26 each; narscosmetics.com.

For a great summer foundation for oily skin, go to [realsimple.com/bestfoundation](http://realsimple.com/bestfoundation).

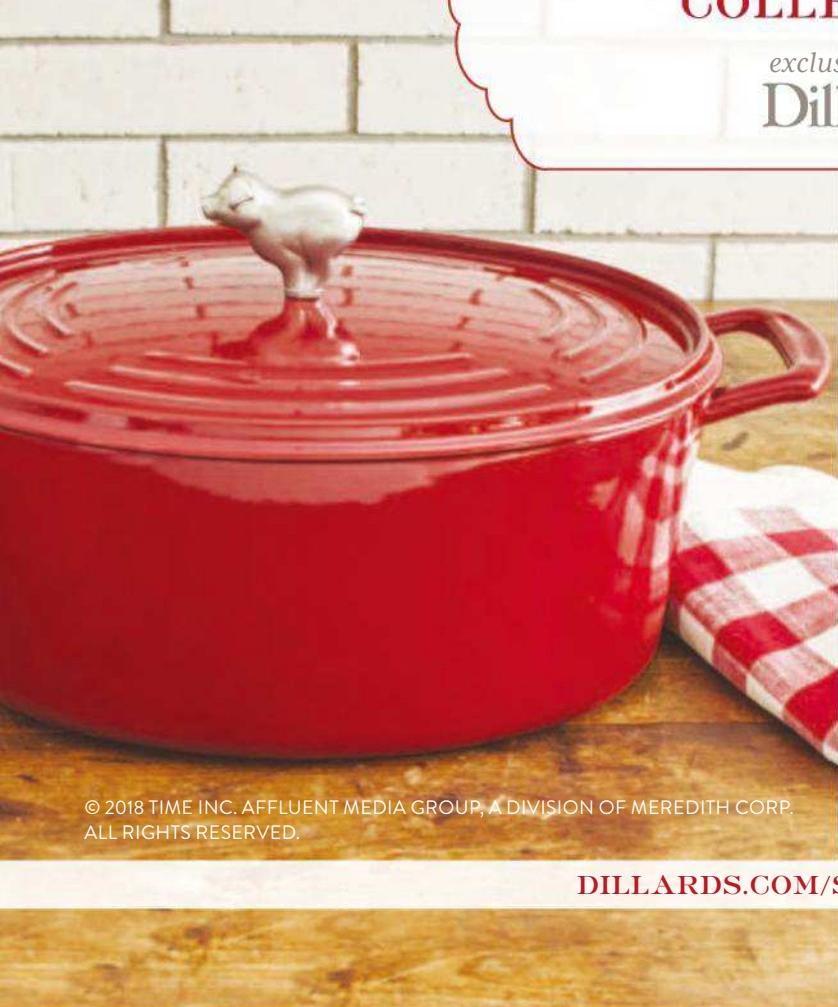
ADVERTISEMENT



SUMMER 2018

**Southern Living®**  
COLLECTION

exclusively at  
**Dillard's**



© 2018 TIME INC. AFFLUENT MEDIA GROUP, A DIVISION OF MEREDITH CORP.  
ALL RIGHTS RESERVED.

[DILLARDS.COM/SOUTHERNLIVING](http://DILLARDS.COM/SOUTHERNLIVING)

# The Staple

Apple cider vinegar (or ACV, as it's often called) adds more than just sour notes to food. Because it's made from fermented apple cider, it has a subtly sweet flavor and tastes as good in a vinaigrette as it does whisked into a glaze for grilled ribs or chicken. Cucumbers soaked in a simple solution of ACV, sugar, salt, and dill make for the easiest pickles we've ever met. Plus, ACV offers exactly the right balance to our favorite summer jam. Or add a splash to cold seltzer for a tart soda alternative. Filtered versions will be golden and clear, while unfiltered versions may contain some sediment, as well as the "mother," the cloudy (and totally harmless) result of the natural fermentation process. Use filtered and unfiltered versions interchangeably in recipes.



## Quick Ideas

### 1 CIDER-MUSTARD GLAZE

Stir together 1 cup apple cider vinegar,  $\frac{3}{4}$  cup lightly packed brown sugar,  $\frac{1}{4}$  cup whole-grain mustard, and  $\frac{1}{2}$  tsp. each kosher salt and black pepper in a small saucepan. Bring to a boil, then reduce heat and simmer, stirring occasionally, until reduced to  $\frac{3}{4}$  cup, 30 to 35 minutes. Serve over pork or chicken.

### 2 DAY DILL PICKLES

Place  $1\frac{1}{2}$  cups water,  $\frac{2}{3}$  cup apple cider vinegar, 1 Tbsp. sugar, 2 tsp. kosher salt, 2 thinly sliced garlic cloves, 1 tsp. mustard seeds, and 2 sprigs fresh dill in a quart-size jar. Shake until sugar and salt dissolve. Quarter 8 Persian cucumbers (about 1 lb.) lengthwise and add to jar. Cover and chill overnight.

### 3 STRAWBERRY-CIDER JAM

Stir together 3 cups chopped strawberries, 1 cup sugar,  $\frac{2}{3}$  cup apple cider vinegar, and  $\frac{1}{4}$  tsp. kosher salt in a medium saucepan. Bring to a boil, stirring often to dissolve sugar. Reduce heat to low and simmer, stirring often, until liquid is reduced and mixture is thickened, about 30 minutes. Pour into a shallow dish and chill for 1 hour. Store tightly covered in the refrigerator for up to 3 weeks.

By Dawn Perry

Recipes by  
Julia Levy

**TOOTHPICK VESSEL**

Keep implements hygienically contained in this adorable sea creature. Place it next to a plate of finger foods or a cheese board for easy access.

**TO BUY:** Jonah Toothpick Dispenser, \$16; animicausa.com.

**PICNIC BASKET 2.0**

This backpack includes service for four, a detachable blanket, and a zippered beverage sleeve. The insulated back pocket helps lunch stay cold. In two colors; free personalization available.

**TO BUY:** Adventure Backpack, \$125; initials-inc.com.

# Little Helpers

SIX SMART PRODUCTS  
TO MAKE YOUR LIFE EASIER

By Brandi Broxson

**POUR-OVER TO-GO**

Stay caffeinated with this single-serve coffee brewer. Pop open the sleeve to reveal roasted direct-trade Guatemalan grounds.

It fits snugly over a mug; just add hot water.

**TO BUY:** Dripkit Pour Over Packets, \$15 for 5; dripkit.coffee.

**PET-FOOD TRANSPORT**

Leaving Spot or Fluffy with a sitter? Pack this BPA-free six-cup container, which comes with a carrying handle. Bowls for food and water attach at each end.

**TO BUY:** Gamma2 Travel-tainer, \$10; chewy.com.

**SUN BLOCKER**

This UPF 50-plus wide-brimmed raffia hat blocks 97.5 percent of ultraviolet rays. The internal drawstring ensures it won't fly away.

**TO BUY:** Napa hat, \$52; wallaroohats.com.

**MAGNIFYING LIGHT**

Fine print, you've met your match. This sleek gadget features a touch sensor LED and magnification power that can be adjusted from 3x to 6x. Rechargeable with included USB cable.

**TO BUY:** LED Magnifier, \$49; store.moma.org.



## Minimalist design, maximalist impact.

At Pella®, each window we make is born from a drive for beautiful simplicity and a demand for performance. It's a design sense that leads us away from what's expected and takes us to distinctive new places. It has even brought us our modernist line, Architect Series® Contemporary. Each window features expansive glass, clean lines, and exclusive minimalist hardware options.

**PELLA WINDOWS AND DOORS**  
PERFECTLY BEAUTIFUL



[pella.com](http://pella.com)

New Uses for Old Things

# Beach Edition

FOUR AROUND-THE-HOUSE ITEMS GET THEIR DAY IN THE SUN  
THANKS TO THESE CLEVER HACKS.

By Brandi Broxson

**SLED AS GEAR CARRIER**

Use a plastic sled to easily move beach bags, umbrellas, and toys across soft sand. Bonus: It makes a great seat for wet bums come lunchtime.

**BABY POWDER AS SAND REMOVER**

Quickly banish wet sand from feet or legs by sprinkling powder on skin, then wiping away with a towel.

**CORK AS KEY BUOY**

For peace of mind, screw an eye hook (found at craft and hardware stores) into the end of a wine cork, then attach your key ring.

**FUNNEL AS SANDCASTLE MOLD**

No need for store-bought tools. A funnel's curious shape makes it perfect for building sand towers. You can also use it to fill a moat with sea water.



Learn how to build a better sandcastle at [realsimple.com/sandcastle](http://realsimple.com/sandcastle).



# CRUNCHMASTER®

Gluten-free crackers crafted for your lifestyle. Find them in the deli and "better for you" cracker aisle. Get recipe ideas at [Crunchmaster.com](http://Crunchmaster.com)



REAL SIMPLE  
HOME

# Rethinking the Kitchen

WE'RE BUSY DECORATING AND ORGANIZING AN ENTIRE HOME THAT YOU'LL GET TO SEE THIS FALL. AS A PREVIEW, THE TEAM BEHIND THE KITCHEN SHARES THEIR TIPS FOR MAKING THE SPACE PRETTY AND PRACTICAL.



**Donna Garlough**  
Designer

Donna is the author of *Your Home, Your Style* and style director at Joss & Main in Boston.



**Ashley Murphy**  
Organizer

Ashley is the Chicago-based cofounder of Neat Method, a national organizing service.

## STORE STRATEGICALLY

Open your dishwasher along with the cabinets and drawers you think your everyday dishes and utensils should live in. You should be able to easily unload into those spaces while the dishwasher is completely open.

## LIGHT THE WAY

Make sure your fixtures are large and bright enough to illuminate your food-prep and dining spaces. Consider swapping flush-mount fixtures or recessed lighting for pendants that bring the light source closer to the work area.

## CLEAR SURFACES

Stretches of clean countertop will make a kitchen feel larger. Place items that you don't use daily in a spot out of sight. Opt for shelf risers to create additional storage space for those items within your cabinets.

## RELOCATE SPICES

Working with limited cabinet space? Stash spices in a drawer instead. Decant them into shallow, wide jars and label the tops so you can see what you have at a glance. Keep your favorites toward the front.

## MAKE IT YOURS

A bold wallpaper in the dining nook or a bright, patterned mat in front of the sink adds charm without taking up space. Add personality pieces like a pretty houseplant, a collection of cookbooks, or favorite serveware on open shelving.

# EVERYTHING BUT THE KITCHEN STINK

The kitchen can often be ground zero for unpleasant scents and tough odors. Here are tips to help you fight those smells and keep your kitchen fresh and clean.

## 1. HANG IT UP

Damp kitchen towels and aprons attract dirt and develop musty scents. Add small hooks around the kitchen to hang them between uses so they can dry quickly. If kitchen towels do need a wash, make sure to use ARM & HAMMER™ Plus OxiClean™ Odor Blasters Detergent to eliminate musty odors.



Learn more at  
[WWW.ARMANDHAMMER.COM](http://WWW.ARMANDHAMMER.COM)

KEEP OUT OF REACH  
OF CHILDREN

## 3. CURTAIN CALL

The cotton curtains in your kitchen can often pick up cooking odors—from the onions on Taco Tuesday to garlic from pasta night. Make sure to toss them in the wash at least every three months to keep them smelling fresh.



# FRESH & EASY

**Keeping your kitchen odor-free has never been easier.** With these simple tips, you can eliminate those unwelcome odors and make food prep a little more pleasant.



◀ OPEN HERE

## 2. ZAP IT CLEAN

Does your kitchen sponge have a stink? There's an easy way to fix that. Saturate it with water, then throw it in the microwave for one minute. (That said, no kitchen sponge should be used for more than two weeks.)



## 4. A SALTY SOLVE

Freshen up your wood cutting boards or surfaces with common table salt and lemon. Just sprinkle the wood with salt, then scrub a half-cut lemon over the surface. Let it sit for about five minutes then do a final rinse with a clean wet sponge.



CAMPUS READY  
BED BATH & BEYOND

SWEEPS

ENTER FOR YOUR CHANCE TO WIN ONE SWEEPS

# GRAND PRIZE + 58 DAYS OF INSTANT WIN PRIZES\*



HYUNDAI The First-Ever Hyundai KONA



A \$2,000  
**REAL SIMPLE**  
ROOM MAKEOVER\*\*



Shop for **REAL SIMPLE™**  
College Solutions exclusively at  
BED BATH & BEYOND

SONY

TV, Audio &  
Camera  
Package



Play every day for the chance to win a different prize. One winner per day. **Enter and play daily** thru 7/31/18.

**ENTER AT:** [CampusReadySweeps.com](http://CampusReadySweeps.com) | JUNE 4-JULY 31, 2018

\*Instant Win Game Prizes will be awarded as a Bed Bath & Beyond® Gift Card for Canadian winners. \*\*Makeover will be awarded as Bed Bath & Beyond® Gift Cards. NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.), AND CANADA (EXCL. QC) 16 YEARS AND OLDER. VOID IN QC AND WHERE PROHIBITED. Promotion ends 7/31/18. For Official Rules, prize descriptions and odds disclosure, visit [www.campusreadysweeps.com](http://www.campusreadysweeps.com) (for U.S. entrants) or [www.campusreadysweeps.ca](http://www.campusreadysweeps.ca) (for Canadian entrants). If Canadian resident, mathematical skill-testing question must be correctly answered to win. 1 Sweepstakes prize and 58 Instant Win Game prizes (approximate retail values from \$25 USD to \$34,479.95 USD for U.S. and \$25 USD to \$31,117.75 USD for Canada) available to be won. Sponsor: Bed Bath & Beyond Inc., 650 Liberty Avenue, Union, NJ 07083, U.S.A.

# the realist

For flag-flying etiquette, visit [realsimple.com/americanflag](http://realsimple.com/americanflag).



STOCKSY

## HOW TO CARE FOR YOUR AMERICAN FLAG

If you fly your flag year-round, aim to wash it once a month. Only fly it on holidays? A once-a-season wash is recommended, says Mary Gagliardi, who serves as Dr. Laundry for the Clorox Company. Run a polyester or nylon flag through a gentle warm water cycle (apply a pretreatment on dirt or pollen stains). Lay it flat on clean towels to air-dry. A cotton flag's colors may bleed, so handwash it in a basin with detergent and lukewarm water. After rinsing, roll the flag in a clean towel (like a sleeping bag) and gently squeeze out any water. Place a pillowcase or dish towel over the flag and press with a warm iron—this will quickly dry the flag and help reduce color transfer, says Gagliardi. Unsure of the material? Call your dry cleaner—some offer free American flag cleaning in July and beyond. If your flag is faded, torn, or frayed beyond repair, retire it, says Jill Druskis, Americanism director at the American Legion. Drop it off at an American Legion or Veterans of Foreign Wars post, or check with your local scout troop about a dignified disposal.

By Brandi Broxson

# Organize This

JAMIE HORD, PROFESSIONAL ORGANIZER AND FOUNDER OF HORDERLY,  
SERVES UP HER TIPS FOR NEATLY ARRANGING THE HOME BAR.



## 1 TAKE IT UP THE WALL

Turn your supplies into a visual and functional display. Save space on a lower surface by storing wine bottles and glassware on wall-mounted shelves. **TO BUY:** Holman wineglass shelf, \$149, and wine bottle shelf, \$119; potterybarn.com.

## 2 STYLE YOUR SPIRITS

Make your storage spot feel balanced by arranging larger bottles toward the back and shorter containers and trays near the front. A bar cart provides a mobile surface and can be tucked out of the way when you're not entertaining. **TO BUY:** Threshold Wood & Glass gold-finish bar cart, \$120; target.com.

## 3 DECANT THE BASICS

Stow everyday spirits in pretty glass decanters, labeled appropriately, to avoid subpar-looking bottles. Just make sure the decanters remain tightly sealed. **TO BUY:** Kovot 6-piece liquor and alcohol label tag set, \$22; wayfair.com.

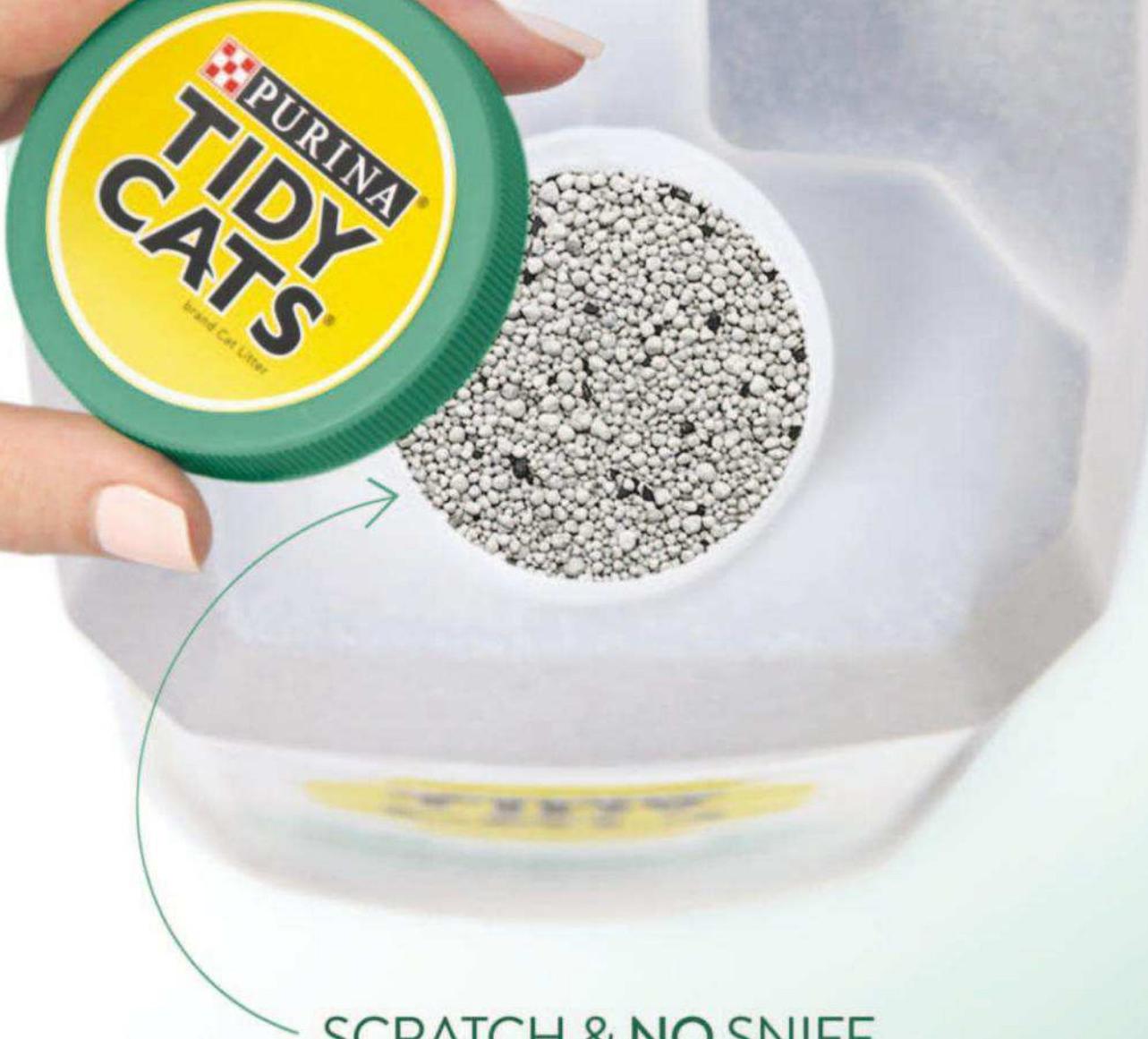
## 4 SWITCH UP SHAPES

If your bar area is kept on display, layer in trays and other elements that contrast with the shape of your cart. Here, round bowls and an oval tray complement the rectangular surfaces.

## 5 LEAVE ROOM

Prevent your stocked bar from looking cluttered by leaving some breathing room. A collection of clear drinkware can also give the illusion of open space.

Discover more ways to elevate your drink station at [realsimple.com/homebar](http://realsimple.com/homebar).



SCRATCH & NO SNIFF

**NEW!** **TIDY CATS®**  
**FREE & CLEAN™**  
**UNSCENTED**

Litter with activated charcoal  
for powerful odor control.



Learn more at [tidycats.com](http://tidycats.com)



Your Pet, Our Passion.

# Things Cooks Know

STRATEGIES, TECHNIQUES, AND TIPS ON  
ALL THINGS SUMMER—FROM THE  
 REAL SIMPLE TEST KITCHEN TO YOURS

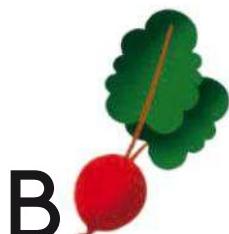
By Ananda Eidelstein



## A

**Agua fresca**

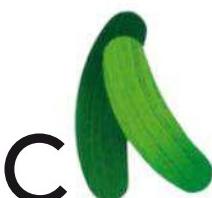
is our drink of summer. Blend watermelon, cucumber, or cantaloupe with lime juice and a little sugar; strain and serve over ice.



## B

**Beets**

of all types, shaved raw with a mandoline, bring texture to a leafy green salad. Add them anywhere you're craving a bit of color and crunch.



## C

**Cucumbers**

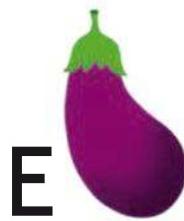
soak up even more flavor when smashed, then sliced. Toss with apple cider vinegar, a sliced shallot, and a pinch of salt for a bracing take.



## D

**Dollop**

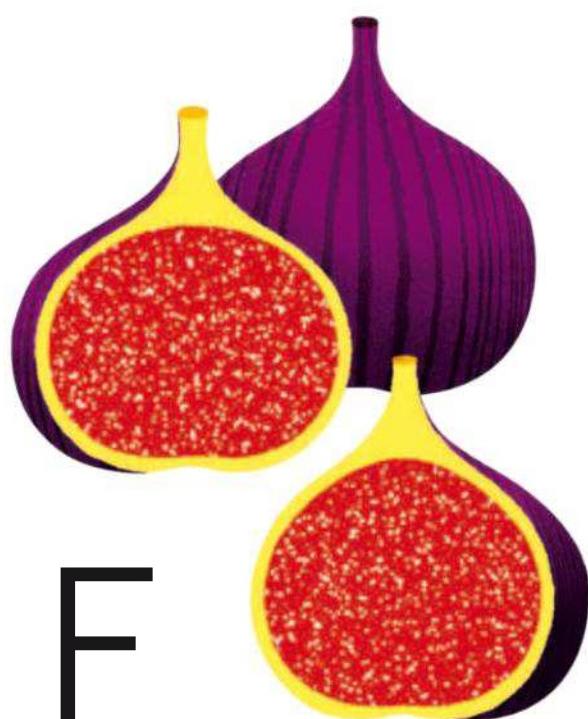
a spoonful of homemade whipped cream over fresh summer fruit, like halved strawberries or sliced stone fruit, for the easiest dessert ever.



## E

**Eggplant**

charred whole on the grill makes a silky base for baba ghanoush. Discard the skin, then blend the flesh with 2 tablespoons each tahini and olive oil, a squeeze of lemon juice, and salt and pepper to taste. Serve with grilled pita.



## F

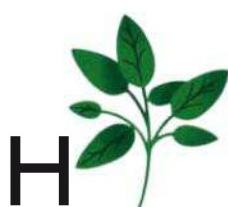
**Figs** are a real summer treat eaten raw out of hand or grilled and drizzled with honey and flaky sea salt.



## G

**Gazpacho**

made with ripe tomatoes or cucumbers is a savory way to cool down. Process 4 chopped green heirloom tomatoes or 4 chopped mini seedless cucumbers, 2 slices white bread,  $\frac{1}{4}$  cup olive oil, 2 teaspoons red wine vinegar, 1 teaspoon kosher salt, and  $\frac{1}{4}$  teaspoon cayenne in a blender until smooth. Serve chilled, topped with a spoonful of sour cream.



## H

**Herbs**

are at their best this time of year. Mix and match tender varieties, like basil and mint, and use them as you would salad greens.



**Ice cream** scoops easiest with a hot scoop; dip one in a bowl of hot water between each serving to make scooping a breeze.



**Jams** keep summer going long after it's gone. Cook 2 pounds plums, pitted cherries, or tomatoes with  $\frac{1}{2}$  cup sugar, a squeeze of lemon juice, and a pinch of salt until thickened. Refrigerate or freeze to enjoy through the fall.



## K

### Keep

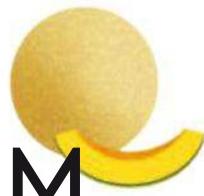
lemonade and a bottle of sparkling wine in the fridge at all times. You'll be ready to pour a quick refreshment whenever unexpected guests drop by.



## L

### Leafy greens

of all kinds, such as Bibb, Boston, and red leaf lettuce, crop up at markets throughout summer; try them in sandwiches or as the main attraction in a tossed salad.



## M

### Melon,

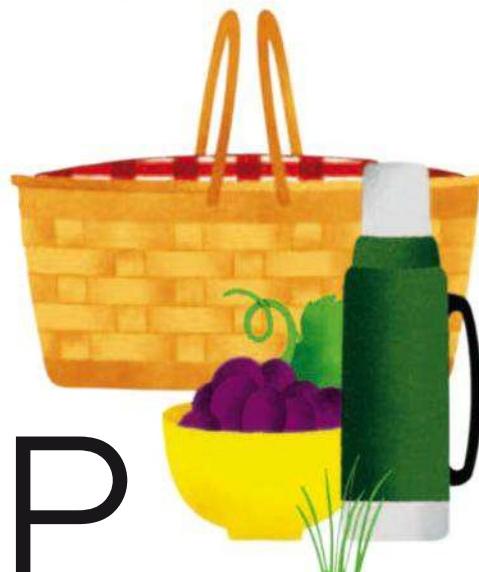
like honeydew or cantaloupe, isn't just for snacking: Toss with olive oil, salt, black pepper, and crushed red pepper to make a side salad.



## N

### Nasturtium

leaves and flowers add peppery notes when tossed into salads or tucked into sandwiches—look for them among the other greens at the farmers market.

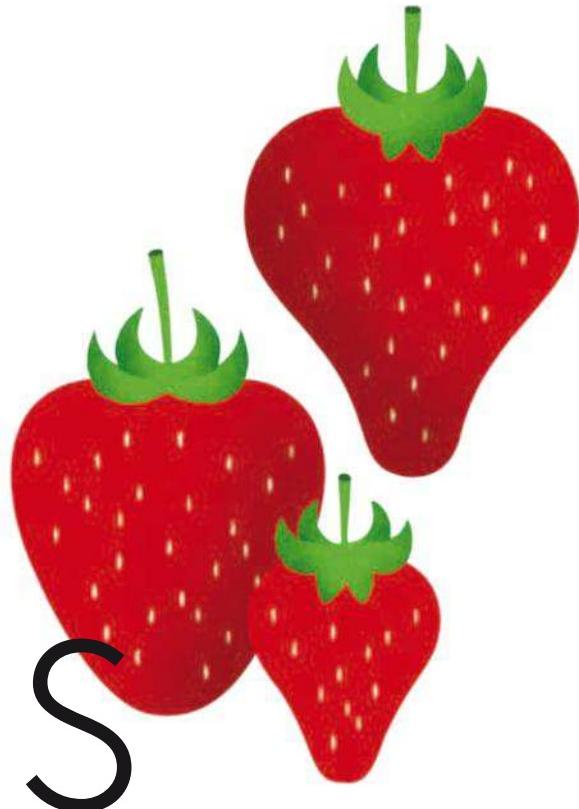


## P

**Packing** for a picnic is easier with an insulated thermos big enough to hold the gazpacho. It'll stay chilled until you're ready to serve.

**Q****Quiche**

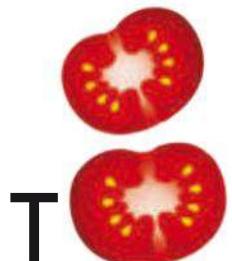
with roasted peppers and corn helps use up extra bushels. Whisk together 6 large eggs,  $\frac{3}{4}$  cup half-and-half, 2 sliced roasted peppers, 2 cups raw corn kernels (from 3 ears), and 1 cup shredded Cheddar. Season with salt and pepper and pour into a premade crust. Bake at 350°F until just set in the center, about 45 minutes.

**S**

**Strawberries** can get mushy and grow mold more quickly if stored wet. Avoid washing them until ready to eat, and keep them in a partially covered container lined with paper towels to absorb any excess moisture.

**R****Radishes**

with softened cultured butter and flaky salt are an easy and sophisticated hors d'oeuvre for any gathering. Keep the radish greens attached for added wow factor.

**T**

**Tomatoes** sliced and seasoned with salt will always be the juicy stars of summer.

**U**

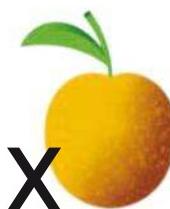
**Upside-down cakes** hiding fresh fruit, like nectarines, apricots, or peaches, show off summer's bounty.

**V****Vinaigrettes**

can perk up more than just salads. Use them to marinate meats before grilling or drizzle over corn for a surprise finish.

**W****Wax beans**

are a stunning companion to regular green beans. Look for yellow and purple varieties for a modern rendition of your three-bean salad.

**X****Ximenia**

is the plum-like fruit you've probably never heard of. Halve it, grill it, and serve it with ice cream.

**Y****Yogurt**

can go sweet with fresh fruit or savory with veggies and grilled meats; season with salt, pepper, and a clove of grated garlic.

**Z****Zucchini**

and summer squash can be shaved into ribbons and eaten raw. Toss with a lemon vinaigrette and a handful of toasted pistachios or almonds.

100% NATURAL®

# BACON SO TASTY, GIVE IT A FRY!



It's the bacon that's  
wholesome and awesome.  
Fry it. You'll like it.  
100% natural,® 100% delicious.

MAKE THE  
NATURAL CHOICE®



® Minimally processed, no artificial ingredients.

© 2018 Hormel Foods, LLC

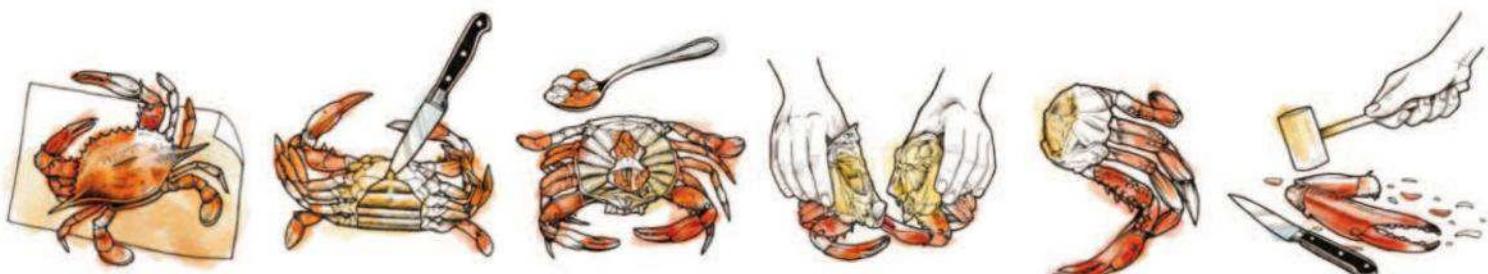
[makethenaturalchoice.com](http://makethenaturalchoice.com)

**Real Simplifier**

# The Expert Way to Eat a Crab

LOOK LIKE YOU ACTUALLY KNOW WHAT YOU'RE DOING  
WITH A LITTLE HELP FROM BRUCE WHALEN OF  
JIMMY CANTLER'S RIVERSIDE INN, A BELOVED MARYLAND  
CRAB HOUSE SINCE 1974.

By Yolanda Wiel

**1****PREP FOR THE MESS**

Lay down butcher paper or newspaper and grab plenty of paper towels. You'll also need a paring knife, a mallet (in a pinch, a hammer will do), a bowl for empty shells, and a cutting board to protect your table against potential whacks. And, of course, cooked crabs. Blue and Dungeness crabs are usually served whole, so you can use these instructions for either, says Whalen. "Don't be too concerned about size—just select a heavy one." Have melted butter at the ready too.

**2****POP OPEN THE SHELL**

Place the crab on its back, belly up. Slide a knife under the "apron"—a small tab that resembles the Washington Monument if the crab is male and the United States Capitol if it's female—and pull it backward to break it off; discard. Flip the crab over and, while holding the bottom, insert the tip of the knife between the shells, in the opening where the apron was. Twist to detach the crab's back shell and expose the inner cavity.

**3****REMOVE THE INEDIBLE BITS**

Scrape out the not-for-consumption lungs, which look gray and spongy, using the knife, a spoon, or your hands. You'll see the yellowish brown substance some call the mustard; that's the hepatopancreas, an organ that filters out toxins. "It's considered a delicacy, with a strong flavor people either like or dislike," notes Whalen. Generally, it's safe to eat as long as the crab is from noncontaminated waters. Make the call to sample it or scoop it out.

**4****BUTTERFLY THE BODY**

Break the crab in half with your hands. Whalen then likes to cut it down the center with a knife to make it even. Splitting the crab in half will let you see the crabmeat separated into chambers. "You can then just take the meaty morsels out with your fingers," says Whalen.

**5****SNAP OFF THE LEGS**

While holding a crab half in one hand, use your other hand to pull each leg off with a slight twisting motion. "If all goes well, when you remove the leg at the joint, the crabmeat will slide out in a chunk," says Whalen. At the base of the back legs, called the backfins, you'll find the mother lode: succulent lump crabmeat. The small appendages in the middle aren't usually worth the trouble, but try sucking the meat out.

**6****MASTER THE CRACK**

If the meat didn't come easily out of the legs, you'll need the mallet. Word of caution: Be gentle. "Otherwise the shell will shatter and you'll have to pick the fragments from the meat," says Whalen. Try this trick: Hold your knife vertically, with the tip of the blade on the center of the leg. Then firmly tap the blade with the mallet to slightly fracture the shell and extract the meat in one solid piece. Use the same technique for the claw, but hit the blade slightly harder, right below the pincers.



# nly

## Eggland's Best

is the egg good enough  
for *your* family.

**It's natural to want to give your family the best. So why give them eggs that are ordinary?**

Truth is, Eggland's Best eggs are superior. They have more of the delicious, farm-fresh taste you and your family love—any way you cook them. Plus, 6 times more vitamin D, 10 times more vitamin E, and 25% less saturated fat than ordinary eggs.

So why settle for just any eggs when you can give them the best? Eggland's Best.



Better taste. Better nutrition.  
**Better eggs.®**

# SAME PROTECTION



# 25% FEWER INGREDIENTS\*

## FUN IN THE SUN. SIMPLIFIED.



New Banana Boat® Simply Protect™ gives you the same strong sun protection with 25% fewer ingredients.\* Made without oxybenzone, parabens, added oils or fragrances – for worry-free fun in the sun.

WE'VE GOT YOU COVERED.™

# Show Your Hands Some Love

**Hands take a beating.** The skin is thinner—it has the consistency of an eyelid—and more sensitive than the skin on your face. Plus, hands have to endure all that sun exposure, frequent washing, and oversanitizing. Here's how to give them a little more attention when it comes to your beauty routine—and end up with a pair you'll be proud to show off.

By Heather Muir Maffei

## Pamper them

When you get the rare opportunity to treat yourself, chances are you focus on your face. But because your hands work even harder and are more prone to signs of aging, extend some self-care south with these at-home treatments. Use a scrub (a face or body one will do) to help remove dead skin cells so your cream works better. Make dingy nails dazzle by running a lemon wedge over nailbeds—a trick hand models use. Before bed, slick on a balm (try Rituals The Ritual of Dao Night Balm, \$17; [rituals.com](http://rituals.com)) and put on moisture-sealing cotton gloves. If you have a special event, stick on the hyaluronic acid-infused Beauty Bioscience Upper Hand Brightening Patches (\$50 for 8 pairs; [nordstrom.com](http://nordstrom.com)) to smooth and plump.

**ON HER NAILS:** Chanel Le Vernis in Légèreté, \$28; [chanel.com](http://chanel.com).

## Smooth skin

"Locking in moisture each time you wash your hands can help reduce the appearance of fine lines," says Shereene Idriss, MD, of Union Square Laser Dermatology in New York City. "Daily application of SPF 30 sunscreen moisturizer is key," says Rebecca Kazin, MD, associate director at the Washington Institute of Dermatologic Laser Surgery in Washington, D.C., who advises

keeping one in your bag to reapply throughout the day. "Apply it from your hands to your elbows so you aren't cutting off at your wrists," says Doris Day, MD, a dermatologist in New York City and the author of *Beyond Beautiful*, who recommends retinol to treat lines. Try Chantecaille Retinol Hand Cream (\$78; bloomingdales.com). Apply it every other night until your skin builds tolerance

to the retinol, then bump up to nightly use. "Whatever anti-aging products you put on your face should also be applied to the backs of the hands," says Kazin. "Wear gloves when cleaning with chemicals and limit gel manicures to special occasions, since UV light can be damaging. When you do get one, apply a broad-spectrum sunscreen 20 minutes prior."

**ON HER NAILS:** Apply two coats of OPI Infinite Shine Long-Wear Nail Lacquer in Frenchie Likes to Kiss? (\$12.50; ulta.com) and let dry. Using a stiper brush, dot the center of the lower nail with Essie Seaglass Shimmers Collection in World Is Your Oyster (\$9; essie.com), then paint from either side to complete the half-moon.

## CUTICLE TLC

Resist cutting and picking cuticles. Doing so can damage the baby nail cells underneath, causing infection and deformed nails. Gently push them back instead.



### Fade spots

The sun is the hands' number one enemy, and since hands are often exposed, they accumulate a lot of UV damage, causing discoloration. "Our most powerful defense against photodamage is sunscreen," says Michelle Henry, MD, clinical instructor of dermatology at Weill Cornell Medical College in New York City, who recommends applying an SPF 30 broad-spectrum sunscreen during the day to ward off new spots and a brightening serum with tranexamic acid at night to reduce existing spots. Skin-Medica Lytera 2.0 Pigment Correcting Serum (\$154; [skinmedica.com](http://skinmedica.com)) is pricey but potent and works on your face too. "Wear sun-protective fingerless gloves when gardening, golfing, and driving long distances," suggests Day, who wears activewear with thumbholes that covers her hands. For faster results, ask your dermatologist about a chemical peel to cast off discoloration or laser treatments like Fraxel, which may brighten skin.

**ON HER NAILS:** Essie Gel Couture in Take Me to Thread, \$11.50; [essie.com](http://essie.com).

### THE NEATEST NAILS

Dip an angled eyeliner brush in nail polish remover and trace around the perimeter of your nails to clean up the lines, says Essie manicurist Evelyn Lim, who created the looks on these pages.





### Pump up the volume

Like our faces, our hands lose collagen over time, resulting in crepey skin and more prominent veins. "The less fat you have in your hands, the more your veins will show," explains Day, who offers her patients the FDA-approved filler Radiesse. "It's one poke, and you get instant results that last up to a year," she says.

Most patients need one or two sessions and experience mild soreness and swelling. If you prefer to skip the needle, "apply a hyaluronic acid serum to the backs of hands," says Kazin, who likes PCA Skin Hyaluronic Acid Boosting Serum (\$115; [pcaskin.com](http://pcaskin.com)), which doubles as a facial serum.

**ON HER NAILS:** Sally Hansen Complete Salon Manicure Madeline Poole Collection in Vinyl Tap Mix, \$8; at Target.

### PROLONG A PERFECT 10

To prevent premature chipping, paint the top edge of each nail after every coat, wait two minutes between coats, and avoid heat while drying.

For product recs from women who work with their hands, go to [realsimple.com/hands](http://realsimple.com/hands).

# BRIGHT IDEAS

OFFERS | EVENTS | FINDS | GIVEAWAYS



## SUNSCREEN MADE SIMPLE

The same trusted sun protection with a new and improved formula. With 25% less ingredients, Banana Boat Simply Protect is fragrance-, paraben-, and oxybenzone-free with no added oils. Keep your sunscreen—and your summer—simple with a bottle.

Available at [Target.com](http://Target.com)



## WONDERFUL TOGETHER

Bona's next generation of floor mops, engineered to work in harmony with Bona's ready-to-use, waterbased rinse-free floor cleaners. With an extra-large baseplate and refillable cartridge, the next generation spray mop pairs perfectly with the fast-drying cleaner for simply beautiful floors.

Learn more at [Bona.com](http://Bona.com)

**Cozi is the #1 family organizing app!**

 Cozi Family Organizer

You'll wonder how you managed family life before Cozi.

- ✓ Track your family's schedules in one place
- ✓ Send reminders to others in the family
- ✓ Share the grocery list, chores and meal plan
- ✓ Easy to use from any mobile device, tablet or computer



Get Cozi today—  
free in the app store.

Download on the  
**App Store**

GET IT ON  
**Google Play**

**Road Test**

# Self-Tanner

**NO SUN DAMAGE, NO STREAKS—THESE FIVE FAUX-GLOW FORMULAS (OUT OF 35 TESTED) GAVE US THE MOST BELIEVABLE HEALTHY GLOW. STILL NERVOUS? WE'VE EVEN GOT A SPRAY THAT EASILY REMOVES COLOR IN CASE YOU MESS UP.**

By Lisa DeSantis

**BEST FACE****James Read Gradual Tan H2O Tan Drops Face**

Create your ideal color by adding this water-based liquid to your regular moisturizer. Mix the combo in your palm, smooth onto your face and neck, then wash your hands. Add two drops for a subtle, sun-kissed look or four for a more dramatic golden glow.

**TO BUY:** \$38; net-a-porter.com.

**BEST TIME-SAVER****St. Tropez Gradual Tan One Minute Pre-Shower Tanning Mousse**

Busy women, this is for you. Rub on this foam, wait one minute (!), then rinse off—no stick, no stink. Color develops over eight hours.

**TO BUY:** \$20; ulta.com.

**BEST GRADUAL GLOW****L'Oréal Paris Sublime Bronze Hydrating Self-Tanning Milk**

Sub in this hydrating body lotion for your regular moisturizer three days a week for even color. **TO BUY:** \$13; at drugstores.

**BEST BODY BRONZER****Vita Liberata Body Blur Instant HD Skin Finish**

Event tonight? Smooth on this tinted body lotion for an instant glow that hides imperfections and won't rub off on your clothes. **TO BUY:** \$45; sephora.com.

**BEST REMOVER****Tan-Luxe Glyco Water**

If your tan is fading unevenly, mist this glycolic spray onto skin, then shower. You'll remove color to get a fresh start. **TO BUY:** \$33; sephora.com.

**BEST IN-SHOWER****Jergens Natural Glow Wet Skin Moisturizer**

Once you're done showering, turn off the water, apply, then pat dry. Subtle color builds with continued use. **TO BUY:** \$9; at drugstores.

Find more sunless-tanning tips at [realsimple.com/seftanner](http://realsimple.com/seftanner).



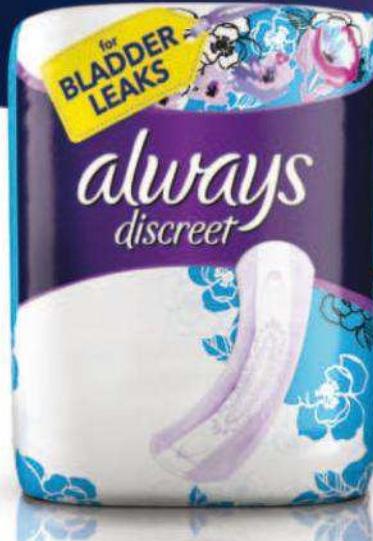
Leading Bladder Leak Pad

"A bladder leak pad that's  
a lot less bulky, and drier too.\*  
Need I say more?"



Always Discreet is made differently.  
The super absorbent core turns liquid to gel,  
for drier protection that's a lot less bulky.\*

Always Discreet. For bladder leaks.



\*Always Discreet 4, 5, and 6 drop pads vs. the equivalent Leading Brand pads.

A helping hand  
shouldn't cost  
an arm and a leg.

**SEKTION/VEDDINGE**  
Kitchen

**\$1399\***

\*Based on a 10'x10' kitchen

**25**

Year Limited  
Warranty  
INCLUDED

©Inter IKEA Systems B.V. 2018

When mealtime heats up, you and your kitchen should work like a team. Find double the storage in your drawers within drawers, multitask with cabinets that spring open to your touch, and let integrated lighting help you find the perfect ingredients. With designs so affordable, you don't need to hold off on building a dream kitchen that's made just for you.



Introducing the IKEA Projekt credit card.\*\*

There's never been a better time to remodel your kitchen.

Learn more at [IKEA-USA.com/kitchens](http://IKEA-USA.com/kitchens)

SEKTION cabinet frames in white melamine foil. VEDDINGE doors/drawer fronts in painted finish. MAXIMERA drawers in powder-coated steel and melamine foil. Shown with BAGGANÄS handles/knobs in brass-plated stainless steel.

\*The total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances, and lighting sold separately. Requires assembly. See IKEA store for limited warranty, country of origin and 10'x10' details. Valid in US stores only.

\*\*Subject to credit approval. Comenity Capital Bank Issues IKEA Projekt credit card accounts.



# Wallpaper 101

SOMEWHERE ALONG THE LINE, WALLPAPER GOT COOL AGAIN. AND—THANK GOODNESS—it's become easier to use too. TIME TO EXPERIMENT.

By Jill Sieracki

**G**ORGEOUS WALLPAPERS are all over Instagram, but when most of us click “like” on those perfect pics, we believe they’re so beautiful that they’re far out of reach. You wouldn’t be alone if you thought a wallpaper project was too messy or expensive to DIY. And aligning those patterns or creating a straight line? Sounds like a chevron-print pipe dream. Luckily for you, companies are making pretty papers that are much more wallet friendly and accessible to DIYers. “If you can assemble Ikea furniture,” you can ace a peel-and-stick wallpaper project, says artist, author, and Jungalow blogger Justina Blakeney.

“It doesn’t have to be four full walls in a crazy print,” says Chasing Paper founder Elizabeth Rees. “Start with a small project that will give you confidence to try it again.” Some companies, including Chasing Paper, offer two-by-four-foot panels so you can work in smaller sections and buy smaller amounts if you’re using them in a narrow nook or utility space. They’re designed so each panel’s pattern will seamlessly blend into the next—helping you avoid the struggle to line up florals or stripes. Even high-end brands are making their products more user friendly. York Wallcoverings now offers Sure Strip, a water-activated adhesive that lets you slide the panels into alignment; then, if you add more water when you’re ready to redecorate, each piece will easily peel off.

### Plan for Paper

Choosing wallpaper is all about personal preference. With the huge array of patterns, colors, and textures out there, pinning up sample squares can help you decide what works best before you commit to buying several rolls or sheets. “If you have to learn to love it,” says interior designer Janie Molster, “it’s probably not a good choice.”

If you’re new to wallpaper, consider using it on an accent wall or in a powder or laundry room—someplace you’re not spending the bulk of your time. A graphic print can have a big impact on a small space, so you’ll get a huge bang for your (literal and proverbial) buck. Alternatively, if you’re struggling with an open floor plan,

says Molster, wallpapering one section of the large space can help define distinct living areas. Add a few panels by your front door to establish an entryway or on the wall behind your dining table to create a visual boundary between your entertaining space and an open kitchen. If you would prefer to do a full room but are apprehensive about going too bold with pattern, opt for a subtly textured wall covering, such as grass cloth. It’s ultra-forgiving when it comes to nail holes too. When you remove a nail, says interior designer Jason Oliver Nixon, “just move the grass-cloth fiber over a little bit and it should hide the hole.”

If you love the current style of your room but want to kick up the character, look into wallpaper that’s the same shade as the room’s most dominant color. Paint companies like Farrow & Ball produce their wallpaper using the colors of their paints, so a transition from solid to patterned is simple.

### Roll with It

Before you paper, assess the quality of your wall—bumpy surfaces are not recommended, as the texture can compromise the integrity of the pattern. But if you just have small cracks and holes from when you attempted a gallery wall, there’s no need to patch those. “Wallpaper is a great way of covering blemishes, marks, holes, and dings,” says Rees. Large cracks that could potentially let moisture seep in, however, should be repaired with spackle before papering.

If you have old wallpaper to remove first, score it with the Zinsser PaperTiger tool (\$7.50; homedepot.com), then coat the surface with the brand’s DIF Wallpaper Stripper (\$8.60; acehardware.com). Enzymes in the gel help remove stubborn wallpaper without the hassle of a steamer or the mess of a solution.

No matter what, give the wall a coat of primer so your wallpaper has a clean surface to hang from. Professional wallpaper hanger Mark Turner notes that primer is essential if you use wallpaper-stripper gel; otherwise, your new paper will fall right off.

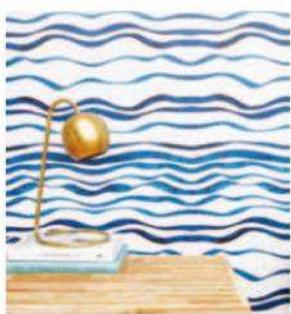
Use a four-foot level to mark a straight horizontal edge at the top of the area you’re papering; that line will serve as your hanging guide. Don’t rely on the border between wall and ceiling, because it may not actually be level. Prep your paper by applying a glue or moistening it to activate the adhesive. Let it sit for a few minutes, then carry the strip to the wall. Line the top left corner of the strip along the horizontal line at the top left corner of your wall, smoothing as you go with your hand or a smoother tool (an old gift card will work in a pinch).

If your wallpaper is more like a mural than an unending pattern, start in the middle of the room, so your picture is centered on the wall, and work your way outward.

Use a sharp blade to trim any overages. Then post your handiwork on Instagram.

## WALL OF FAME

Our design experts' go-to sources



### CHASING PAPER

Removable wallpaper in graphic prints and multiple color combinations.

**TO BUY:** Waves wallpaper in navy, \$40 per 2-by-4-ft. panel; [chasingpaper.com](http://chasingpaper.com).



### COLEFAX AND FOWLER

Classic offerings, from subtle stripes to traditional damask.

**TO BUY:** Piper wallpaper in stone; [cowtan.com](http://cowtan.com) for info.



### HYGGE & WEST

Pretty patterns from 16 designer collaborations.

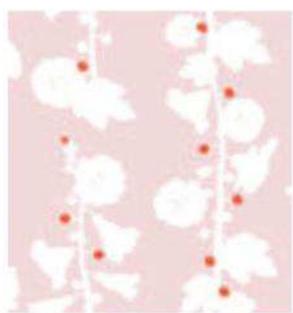
**TO BUY:** Rifle Paper Co. Rosa wallpaper in indigo, \$190 per roll; [hyggeandwest.com](http://hyggeandwest.com).



### LINDSAY COWLES

Large- and small-scale abstract prints.

**TO BUY:** Midnight wallpaper, \$370 per 10-ft. roll; [lindsaycowles.store](http://lindsaycowles.store).



### LULU AND GEORGIA

Modern motifs and traditional mural patterns from a range of popular designers.

**TO BUY:** Hollyhock wallpaper by Clare V., \$136 per roll; [luluandgeorgia.com](http://luluandgeorgia.com).



### PHILLIP JEFFRIES

Natural and textured wall coverings with a luxe look.

**TO BUY:** Soho Hemp wallpaper in Park Ave Plum; [phillipjeffries.com](http://phillipjeffries.com) for info.



### REBECCA ATWOOD DESIGNS

Watercolor designs in a soothing color palette.

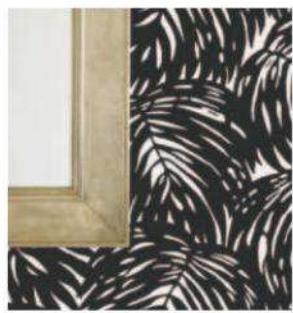
**TO BUY:** Petals in pink, \$340 per roll; [rebeccaatwood.com](http://rebeccaatwood.com).



### SCHUMACHER

Whimsical and chinoiserie prints alongside grass-cloth offerings.

**TO BUY:** Chenonceau in sky, [fschumacher.com](http://fschumacher.com) for info.



### SERENA & LILY

Bold prints in contrasting colors.

**TO BUY:** Palm wallpaper in black and white, \$98 per roll; [serenaandlily.com](http://serenaandlily.com).



### SPOONFLOWER

Upload your own artwork, choose how it repeats, then have it printed in rolls.

**TO BUY:** Custom print; [spoonflower.com](http://spoonflower.com) for info.



### THIBAUT

Traditional botanical, geometric, and toile designs.

**TO BUY:** Honshu in robin's egg, \$99 per roll; [thibautdesign.com](http://thibautdesign.com).



### WALL SHOPPE

Fashion-forward styles available in peel-and-stick or paste-on applications.

**TO BUY:** Fiddle Fig in indigo, \$136 per roll; [wallshoppe.com](http://wallshoppe.com).

DRY

EYE

# Say Goodbye to Dry Eye\*

Try TheraTears® dry eye therapy  
for immediate long lasting relief



Dry eye is caused by  
a salt imbalance

Our electrolyte formula restores  
your eyes' natural balance



In the eye care aisle

\*TheraTears® is intended for the temporary relief of dry eye symptoms.

© 2018 Akorn, Inc.



In the eye care aisle

**CONSUMER:** One coupon per purchase. Good only on TheraTears® Products: TheraTears® Dry Eye Therapy, TheraTears® Preservative Free Dry Eye Therapy, TheraTears® Nighttime Dry Eye Therapy, TheraTears® Xtra™ Dry Eye Therapy, TheraTears® Contact Lens Comfort Drops, TheraTears® Eye Nutrition and TheraTears® SteriLid® Eyelid Cleanser. Trial sizes not included. This coupon may not be reproduced. Consumer pays sales tax. Redeemable only at stores accepting coupons. **RETAILER:** We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application constitutes fraud. Coupon void where prohibited, taxed, or restricted. Cash value 1/20¢. Mail to: Akorn Consumer Health, CMS Dept. 58790, 1 Fawcett Drive, Del Rio, TX 78840

©2018 Akorn Consumer Health, A Division of Akorn, Inc.

MANUFACTURER'S COUPON EXPIRES 12/31/2018

**\$3 OFF NOW**

On Any TheraTears® Product

0358790-000294



# Natural Wonders

DONE UP IN SEAGRASS, RAFFIA, OR STRAW, THIS SEASON'S WOVEN HANDBAGS COME IN EVERY SHAPE AND STYLE.

By Rebecca Daly

## CLUTCHES

Textural, plant-based fibers make them casual enough to carry during the day, but their eye-catching embellishments—fringe, metallic threads, a polka dot print—are equally fitting for a summer evening.

### TO BUY

(Clockwise from top)  
Hat Attack Sunshine clutch, \$94; [hatattack.com](http://hatattack.com). Urban Expressions Dominica clutch, \$60; [urbanexpressions.net](http://urbanexpressions.net). Mar y Sol Sofia clutch, \$29; [shopmarysol.com](http://shopmarysol.com).



## CIRCLE BAGS

Whether you opt for a cross-body strap or a top handle, these round bags, adorned with pom-poms, are unexpected and so much fun.



### TO BUY

(Clockwise from top)  
Loeffler Randall Straw Circle tote, \$295;  
[loefflerrandall.com](http://loefflerrandall.com).  
Brunna.co Surya Water Hyacinth Straw bag, \$98; [brunna.co](http://brunna.co).  
Stella & Dot Tilda crossbody, \$79;  
[stelladot.com](http://stelladot.com).

## BASKET TOTES

Full of vintage appeal, these are also surprisingly practical, with protective drawstring linings and room to hold all the essentials (even a book!).

### TO BUY

(Clockwise from top)  
Kayu Lolita tote, \$145;  
[clubmonaco.com](http://clubmonaco.com).  
Aranaz Ella Bucket bag,  
\$240; [shopbop.com](http://shopbop.com).  
Indego Africa Mia  
bag, \$75, and Raffia  
Bag charm, \$24;  
[indegoafrica.org](http://indegoafrica.org).

Find out how to  
keep straw styles  
looking like new at  
[realsimple.com.summertime](http://realsimple.com.summertime).



# Personal Shopper

THE BEST BUDGET-FRIENDLY BUYS, ALL SELECTED BY A FASHION INSIDER



**Why not let a pro scour the stores for you? This month a wardrobe-organizing wiz (and former swimsuit model) styles you for the beach.**



## ▲ Brooklyn Decker

This multihyphenate started her career modeling for *Sports Illustrated* and *Vogue*. Now, as a busy mother of two, actress (you can catch her on Netflix's *Grace and Frankie*), and cofounder of Finery, a tech company that keeps your closet under (digital) control, she requires just as many wardrobe changes IRL. Follow @BrooklynDecker and @YourFinery.

For more of Brooklyn's beach-ready recs, visit [realsimple.com/brooklyndecker](http://realsimple.com/brooklyndecker).

### Tori Praver Swimwear Nadia Cover-Up

"No need to sacrifice fashion for function—this pretty cover-up is comfortable and secure enough for playtime with the kids."  
**TO BUY:** \$129; [toripraverswimwear.com](http://toripraverswimwear.com).

### Judy B. Swim Bo One-Piece

"You heard it here first: This. Suit. Is. So. Flattering. No digging, no pinching, and great support."  
**TO BUY:** \$149; [judybswim.com](http://judybswim.com).

### Hat Attack Reversible Canvas Hat

"This hat reverses from stripes to a neutral cream color so you can pack light—it goes with every outfit."  
**TO BUY:** \$55; [hatattack.com](http://hatattack.com).

### ATP Atelier Astrid Slides

"Metallic flat sandals work as well by the water as they do with a beautiful dress for dinner."  
**TO BUY:** \$168; [atpatelier.com](http://atpatelier.com).

### Cult Gaia Ark Bag

"Don't be fooled by its delicate appearance—this clutch is incredibly durable (and roomy!)."  
**TO BUY:** \$168; [cultgaia.com](http://cultgaia.com).

### Toms Sawyer Sunglasses

"I love the company's give-back mission—buying these sunnies contributes to restoring sight for someone in need."  
**TO BUY:** \$120; [toms.com](http://toms.com).



“My boy has food sensitivities so I started feeding him BLUE Basics. Now he’s happy and I’m even happier.”

BLUE Basics® is a limited-ingredient diet designed to minimize the food sensitivities some dogs experience, while providing them with a delicious and nutritious meal.

We always feature salmon, turkey or duck – proteins not common in dog foods, and BLUE Basics does not include many of the ingredients that can give some dogs problems.

• NO chicken or beef • NO corn, wheat or soy • NO dairy or eggs

If your dog or cat has food sensitivities, ask your veterinarian about BLUE Basics. With both traditional and grain-free recipes, you’re sure to find one that’s perfect for your pet.



Available for dogs and cats at your favorite pet specialty store.

Love them like family. Feed them like family.®

ADVERTISEMENT



# COASTAL LIVING<sup>®</sup>

## SEASCAPES

© 2018 TIME INC. AFFILIATE TIME INC., A DIVISION OF MEREDITH CORP. ALL RIGHTS RESERVED.



Available exclusively at

Christmas Tree Shops<sup>®</sup> and That!

[christmastreeshops.com/coastallivingseascapes](http://christmastreeshops.com/coastallivingseascapes)

MEANINGFUL CONNECTIONS  
IN A MODERN WORLD

# relating

---



## RAISE KIDS WHO ARE SMART ABOUT MONEY

PROP STYLING BY KATJA GREEFF

Talking about money isn't easy. Talking about money with your kids can be even more challenging. Should allowance be tied to chores? How do you make sure your child isn't spoiled? How do you deal with college debt? Whether your kids are 4 or 24, it's never too early—or too late—to help build financial confidence.

By Kathleen Murray Harris

Lego sculptures by David Haliski,  
[theworldinbricks.com](http://theworldinbricks.com)

Photographs by Corey Olsen

## PRESCHOOLERS & EARLY ELEMENTARY KIDS (7 AND UNDER)

The foundation of money habits is formed very early, as young as age 5, according to research from the University of Michigan in Ann Arbor. But don't let that send you into a panic; just start somewhere. "Learning financial skills is like learning to tie your shoes or play the clarinet—it takes practice," says Joline Godfrey, author of *Raising Financially Fit Kids*.

### Communicate about money.

The easiest thing to do? Take the taboo out of money conversations and talk about it around your kids—but not in an "I'm so stressed about bills" way. Rather, share your excitement about a bargain or the fact that you've saved enough for a vacation. For kids ages 4 to 7, Godfrey says to focus on using money terms ("save," "share," "choose") and phrases about financial values ("Save for a rainy day," "Share with others"—and "Carpe diem" if you have funds set aside).

### Involve them in your shopping.

When you say, "Wow, this is on sale for \$3!" it shows your child that you recognize the price, see the value, and are making a decision about whether to buy it, says Erica Sandberg, a consumer finance expert and the advice columnist for CreditCards.com. At checkout, have them buy something: Hand them cash to use (it's more tangible than credit) and get the change back. By talking to the person behind the counter and exchanging money—even if it's not their own—they'll start understanding that things cost money and becoming aware of personal responsibility for purchases.



### Open a savings account.

Picking out a special piggy bank can build excitement about saving, says Jeannine Glista, cocreator and executive producer of *Biz Kid\$*, a TV series that teaches kids about money and business. "Saving money is fun for kids to do—encourage that," she says. When they receive a larger amount of money, take them to the bank to deposit it into a savings account. You could even deposit the same amount into your own account to show them you're saving along with them.

### Play games.

Simple math games, like those in the app series by Duck Duck Moose (free; Android, iOS), help younger kids get comfortable with numbers. *Biz Kid\$*, the educational initiative associated with the TV series, offers several interactive games on its site; *Bringing Home the Bacon* helps kids identify wants and needs, says Glista. Or let them play with a calculator. Have them add up the price of everything they want in a catalog or at the grocery store. Seeing the total will help them realize how much they need to save for big items.

## OLDER ELEMENTARY KIDS & TWEENS (8–12)

Children can now begin earning money, which is empowering, says Glista. They'll start to develop money personalities—even at this age, there are spenders and savers.

### Brainstorm ways to earn.

"Kids don't really start paying attention to how to manage money until they're making it themselves," says Glista. Encourage them to think about their passions or talents and how they can translate them into a business. If your child loves dogs, can she walk your neighbors'? If she likes crafts, can she make and sell slime? Have them create a business plan by researching how much to charge. If it's a service, they can look at local flyers or ask neighbors what they'd pay for a dog walker or lawn mower. If it's a product, help them add up the cost of the supplies and calculate what retail price will earn a profit.

# ZERO FEEL

FEELS LIKE NOTHING. PROTECTS LIKE NOTHING ELSE.



FIT TO FORM  
GROOVES



UP TO  
10 hr  
LEAK-FREE



EXTREME WICKING  
FLEXFOAM



Rewrite the Rules  
*always*

### Talk about spending choices.

Yes, it is fun to see those dollar bills pile up, but what are they going to do with them? Buy a new video game? Splurge on candy? Discuss whether it's a good idea to spend all the money on, say, chocolate—but without criticism. At this age, says Godfrey, “the positive reinforcement of good choices is more important than the punishment of bad ones.” You can also begin to teach the concept of indulgence versus need, says Sandberg: “If you’re at the drugstore and your son asks to buy a toy, and it wasn’t your intention to buy it, say, ‘OK, but I’m going to take that money from your savings.’ That’s a powerful thing.”

### Be positive about your job.

There are days when you just don’t want to go to work—or your kids complain that you have to go to the office again. As natural as it is to gripe, make the concept of a job exciting. You want kids to feel enthusiastic (not greedy) about the idea of making money, says Glista. You’ll create guilt-free associations with work and what it allows you to do.

### Model philanthropic behavior.

The next time your local zoo or public library hosts a benefit, take your kids and have them see you write a check. “Kids will copy what they grow up watching,” says Godfrey. You can give your children more control over their money decisions when they’re this age. Let them choose a charity and an amount they’ll donate to that organization on a monthly or annual basis. It could be \$1 or \$10—“It’s more important that your child gains self-confidence and a realization that they’re doing this themselves,” says Godfrey.

### TEENS & COLLEGE-BOUND KIDS (13+)

This is an appropriate stage to begin involving your child in your family’s financial situation, especially once college becomes a closer reality. At the dinner table, talk about credit scores and what it takes to apply for financial aid. Education is power.

### Track dollars.

There are several budget, saving, and investing apps that let kids clearly see where their money goes, says James Nichols, senior vice president of Voya Financials Customer Solutions Group. His pick: Current (\$36 a year; iOS and Android). The app, which is synced with a debit card, features spending, saving, and giving “wallets.” Parents can set up notifications and make direct deposits as well. Or have kids keep a record of every penny they spend over a period of time. “Then evaluate the information together so they see where their money goes,” says Godfrey. As for credit cards, experts say teens shouldn’t get one until they have a regular source of income and can make payments. “Otherwise, the risk is too high for not being able to pay it off on a timely basis,” says Glista.

### Play “What If?”

Discuss tricky money situations and how to handle them. For example, ask: Who pays on dates? How do you decide? What if your date’s family has more money than ours? Or vice versa? “This begins to be an issue early—and in high school it is one of the last taboo topics for families,” says Godfrey. While there is no one right answer, by sharing your thoughts, you’ll better prepare your kids for the situation.

## YOUR GUIDE TO GIVING AN ALLOWANCE

### WHEN DO YOU START?

Wait until you feel your child is mature enough to grasp the concepts of saving and spending, most likely around age 4.

### HOW MUCH DO YOU GIVE?

Some experts recommend giving \$1 monthly for every year old (e.g., \$5 a month for a 5-year-old), but only if it makes financial sense for your family. Otherwise, decide on your annual allowance budget per child, then figure out the frequency. Consistency is key.

### HOW SHOULD YOU GIVE IT?

Ron Lieber, author of *The Opposite of Spoiled*, popularized the three-jar approach, in which kids split up allowance into pools: one for spending, one for saving, one for giving. It’s a good starter path for younger children. But older kids have cash flow issues just like grown-ups, says Godfrey—maybe one month they have multiple friends’ birthdays. Consider giving a lump sum for, say, six months to cover expenses you’ve decided are their responsibility. Encourage them to budget it with saving and giving in mind too.

### SHOULD YOU LINK ALLOWANCE WITH CHORES?

In a word, no. Most experts agree that tasks like making the bed and clearing the table should be expected, not rewarded. Kids might earn money for “bonus chores” that go above and beyond the norm, like babysitting or helping with a big yard project.

### WHAT ABOUT WITH GRADES?

Nope. “An allowance is a tool for practicing financial skills—not a salary,” says Godfrey.

For four money topics you shouldn’t discuss with kids, go to [realsimple.com/kidsandmoney](http://realsimple.com/kidsandmoney).

rs.  
**REAL SIMPLE™**  
STYLE

# SUMMER GLAM

Show some extra style this summer with  
our exclusive line of jewelry and accessories.

[REALSIMPLESTYLE.COM](http://REALSIMPLESTYLE.COM)

# SALMON LIKE YOURS BUT MADE FOR HER



Serve it any way she likes.



## RELATING

### Introduce them to investing.

Sites like Yahoo Finance let you create a mock portfolio. Help your child choose a few stocks and watch the ticker go up and down. They'll see how the stocks perform over time and begin to understand the basics and volatility of the market, says Nichols. Encourage them to think of investing as a subset of saving.

### Discuss how you're going to pay for college.

Kids at this age are about to leap into full independence, so empower them to take charge of financial tasks. They should manage college applications and fill out their own Free Application for Federal Student Aid

(FAFSA), says Godfrey. If your family doesn't have enough resources to cover college, involve them in your problem-solving, says Glista. Consider bringing your child to a meeting with your financial planner. "Kids aren't always aware of the financial impact college has on their parents; having a professional in the room can provide objectivity and take the emotion out of it," says Nichols. Discuss how much you'll need in loans and how that will translate into monthly payments. And before you take out a loan, have a repayment plan. Will your child be responsible? Will you split the bills? "No one wants to graduate and be faced with huge sticker shock," says Nichols.





*Love is in the details®*

## INSPIRED COMBINATIONS EXTRAORDINARY DETAIL

Indulge her senses with Fancy Feast Medleys.  
Accents of real vegetables, garden greens or cheese  
bring culinary perfection to every bite.

Discover more inspired creations at [FancyFeast.com/Medleys](http://FancyFeast.com/Medleys)



**PURINA®** Your Pet, Our Passion.



# Feel Prepared for Any Emergency

FROM WHAT TO STORE IN YOUR GO BAG TO WHICH APPS CAN GET YOU OUT OF A STICKY SPOT, THIS INFO WILL READY YOU FOR LIFE'S UNEXPECTED (AND, FINGERS CROSSED, RARE) DISASTERS.

By Tamara Kraus

## Where to Begin

### **KNOW YOUR RISKS**

Research which natural disasters are likely to occur in your region (such as flooding, hurricanes, or earthquakes) and check with your insurance company to find out what kind of coverage is recommended for your area.

### **SIGN UP FOR ALERTS**

Your local emergency management organization, news station, and municipal departments may provide text alerts or push notifications to keep you updated.

### **GATHER IMPORTANT INFORMATION**

Create a list of core family members' phone numbers, birth dates, social security numbers, and medical needs in case your mobile device fails. Note your household members' frequent locations (work, day-care, school) and their addresses, phone numbers, and evacuation routes.

### **TALK TO YOUR NEIGHBORS**

Reach out to the people around you (or use a social network like Nextdoor) to see if anyone will need an extra hand in an emergency—such as elderly neighbors or those with special needs or small children. Determine who will check on them during a disaster. If you live in an apartment building, ask your landlord or neighbors about plans to keep one another informed and safe if there's a fire, power outage, or gas leak.

## How to Make Your Plan

### WRITE IT DOWN

Once you've done your research, compile a document. Include contact information for everyone in your household, at least four neighbors, one out-of-town person (if local phone lines are congested, it may be easier to reach someone outside the area), and emergency service providers. Establish four meeting places: an indoor spot, like a windowless room, if you live in an area with tornadoes or high-wind storms; a neighborhood location, such as a big tree, in case of a fire; a community center in case you can't get back home; and an out-of-town place, like a friend's home, in case you have to evacuate the area.

### SAFEGUARD IT

Store a hard copy of your plan in a central location in your home, like in a kitchen drawer or on the fridge. Everyone in your home should keep a copy in their everyday bag, as well as a small contact card in their wallet, because a cellphone won't always be reliable during an emergency. Digitize your plan (plus other legal documents, such as insurance and medical records) and store them on a cloud service, like Google Docs, in case hard copies get lost. Email your plan to a few close neighbors and friends, an out-of-state family member, and anyone else who would want to locate you.

### PRACTICE IT

Review your plan once a year and update it whenever information changes. Do a test run: Ensure small children know how to call 911, have every family member text your out-of-town contact, and discuss what info to send via text and how to say it concisely in a time crunch. You can reach people more quickly via text because it doesn't clog up critical bandwidth like a call does.

## What to Store

### THE CONTAINERS

Purchase a customizable kit (like The Earthquake Bag, from \$40; [earthquakebag.com](http://earthquakebag.com)) or build your own using a durable backpack or duffel bag with wheels. Store food separately in a large, clear plastic container. Keep it in a cool, dry spot near an exit in your home for easy access.

### FOOD AND WATER

Set aside at least three days' worth of non-perishable food and water for the people in your household and five days' worth for your pet. Crackers, dried fruit, and powdered milk should be replaced every six months; replace canned meat and fruit and ready-to-eat cereals within a year. Items like dry pasta and white rice can be kept virtually indefinitely. Store commercially bottled water—one gallon per person, per day—in the original sealed containers. If you're ever unsure about the quality of tap water, bringing it to a rolling boil for one minute will kill most microorganisms. Before boiling, let particles settle to the bottom, then strain the water through layers of paper towels or a coffee filter.

### HEALTH ITEMS

Stash medical supplies, like spare eyeglasses, contact lenses, copies of prescriptions (so you can get more at the pharmacy), and extra bottles of medicine in your bag.

### COMFORT ITEMS

Have your kids' favorite board games, stuffed animals, and blankets on hand, as well as your pet's go-to toy and crate and an old phone loaded with games or movies.

### DEVICES AND CASH

A crank-operated radio, a solar-powered flashlight, electronics chargers, and a jump starter for your car are essential. Store some cash in your bag as well, and download an app like Venmo to transfer money quickly.

## HELPFUL APPS

Experts suggest downloading these now so you can get info on the fly later. Some of them offer documents you can save on your phone ahead of time in case cell service isn't available when you need it.

### American Red Cross

Handle the most common medical emergencies with the virtual first aid kit.

### FEMA

Locate open shelters nearby, save a list of meet-up spots, and receive weather alerts.

### Waze

Navigate the fastest travel route in the event of an evacuation.

### GasBuddy

Scout out the closest gas station when you're in a rush.

### ASPCA

Store your pet's medical records digitally in case you need to put him in an emergency shelter.

### WhatsApp

Message groups of people with a variety of mobile devices.

### OUR EXPERTS

**JOIE ACOSTA, PHD, SENIOR BEHAVIORAL SCIENTIST AT THE RAND CORPORATION IN SANTA MONICA**

**DICK GREEN, EDD, SENIOR DIRECTOR OF ASPCA DISASTER RESPONSE**

**IRWIN REDLENER, MD, DIRECTOR OF THE NATIONAL CENTER FOR DISASTER PREPAREDNESS AT COLUMBIA UNIVERSITY'S EARTH INSTITUTE**

**JONATHAN SURY, MPH, PROJECT DIRECTOR OF COMMUNICATIONS AND FIELD OPERATIONS AT THE NATIONAL CENTER FOR DISASTER PREPAREDNESS AT COLUMBIA UNIVERSITY'S EARTH INSTITUTE**

**MEET THE OWNERS**

MOLLY AND JASON SMITH RUN TWO PET BOUTIQUES WITH THE HELP OF THEIR MINIATURE SCHNAUZERS, HILDA (LEFT) AND JAGER.

**AROMA PAWS**

"These botanical shampoos, sprays, and paw-conditioning treatments will give your dog a spa-like experience at home." From \$10.

**UNIQUE PET ODOR AND STAIN ELIMINATOR**

"A natural cleaning solution that tackles stubborn pet messes with enzymes and bacteria. Use it if your pet marked his territory on a mattress or carpet." \$4.

**OLLYDOG BAG HOLDER**

"Unlike most waste-bag holders, this one is made with a soft fabric, so it's more comfortable to handle. Attach it to a leash, collar, or belt loop for easy access." \$11.

**PRIMAL RAW TURKEY FORMULA**

"This feline-friendly kibble alternative promotes healthy digestion and a shiny coat. It's packed with real turkey and wholesome ingredients, like pumpkin seeds, sunflower seeds, and coconut oil." \$22.

# What's Selling at the Pet Store?

**AT COLORADO'S REPUBLIC  
OF PAWS, EVERYONE IS  
TREATED LIKE FAMILY.**

By Tamara Kraus

Husband and wife Jason and Molly Smith have fostered about 20 rescue dogs and have two of their own pups (one is a rescue), so it was no surprise when they decided to open Republic of Paws in Colorado Springs. The couple's mission to support rescue shelters while selling healthy products—largely from independent, local companies—has helped them develop a loyal customer base. In 2013, they opened their second location, in Denver, and three years later, they expanded into grooming (they groom foster dogs for free). The stores are known in the communities as funky yet practical shopping environments where the Smiths and their employees know their furry customers by name. Molly walked us through the couple's favorite finds, all available at [republicofpaws.com](http://republicofpaws.com).

**TUX BY WEST PAW DESIGN**

"Stuff this durable toy with your pup's favorite treat, like peanut butter, or fill it with canned food and freeze for hours of entertainment. It's almost indestructible." \$15.

No nose can resist.

REAL MEAT

#1  
INGREDIENT



Four irresistible new Beggin' treats, all with real meat #1.

NEW



[RealMeatBeggin.com](http://RealMeatBeggin.com)

Purina trademarks are owned by Société des Produits Nestlé S.A.



PURINA® Your Pet, Our Passion.



# GEICO

## PUT TWO & TWO TOGETHER

and you could save



Have GEICO car insurance? Get home insurance through the GEICO Insurance Agency and you could get a Multi-Policy discount.



Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. Homeowners, renters and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2018 GEICO

**Good Read**

## In Defense of Teenagers

**ELISABETH EGAN ALWAYS ROLLED HER EYES AT ADOLESCENTS. BUT RAISING TEENS OF HER OWN WOULD CHANGE HOW SHE SAW THEM.**

ON OUR FIRST NIGHT in the house where we live now, I was tucking my son into bed when I heard a jarring noise coming from across the street. *Roll scrape. Roll scrape.* Peeking out the window, I spotted a group of kids skateboarding down the walkway of the school on our corner. The sound was their wheels on the concrete path, then the drag of the back end of their boards on the road.

*Roll scrape. Roll scrape.* I felt it in the soles of my feet.

My son popped his head up from the pillow. He was 3, his cheeks still as pinch-worthy as ripe peaches. "What's that?" "Just some annoying teenagers."



**After I confronted the skaters on my street, my husband broke it to me gently: "You know we're going to have our own teenagers soon, right?"**

**THE TEENAGERS CAME BACK the next night, and the one after that, often lingering at the school until well after dark. Mostly they hung around in front, where the pavement was fresh, but sometimes they migrated to the playground, where their colorful conversations echoed off the blacktop and over to our porch. In the morning, we'd find tangled swings or a pyramid of Red Bull cans carefully balanced at the top of the slide. Before long, even my kids rolled their eyes. "Ugh," they'd say. "Teenagers."**

Sometimes I'd march across the street and confront the skaters. I'd point to a sign on the side of the school, the one that said, simply, Skateboarding. (Some clever ruffian had inked over the No.) I'd say, "Guys, you're really not supposed to be here. Don't you have something better to do?"

Usually, the kids would just tuck their boards under their arms and disperse with the air of lambs being prodded along by an annoying collie. But a few times they stood their ground. One boy planted his Vans shoulder-width apart, crossed his arms over his chest, and said, "Ma'am, we're just kids. We're not bothering anyone."

I said, "You're not kids. You're teenagers."

Back inside, my husband broke it to me gently: "You know we're going to have our own teenagers soon, right?"

**ONE BY ONE**, our three kids started to grow up. They migrated to the front seat of the car. They stopped talking when we entered a room. They closed the bathroom door and leaned into the open refrigerator, their faces magnificent in the glow, declaring, "We have nothing to eat." At some point, I stopped buying string cheese and started buying ramen. That was when I knew what was coming.

One afternoon last fall, I looked out the kitchen window and saw our 14-year-old gliding gracefully down the front

walkway of the school on a skateboard he'd bought with his own money. *Roll scrape*. When he reached the bottom, he picked up his board, walked back up the little slope to the red door, and did it all over again. *Roll scrape*.

And again. *Roll scrape*.

He crouched low like a surfer—one arm in front, one in back, his mouth a serious line, eyes narrow beneath a gray knit cap. He'd been practicing for weeks in the backyard, then in the driveway, and now here he was, taking a wild airborne leap in front of the whole neighborhood. The noise was the same as ever—hair-raising—but the look on my son's face made the racket bearable, even beautiful.

As I watched, I flashed back to a time when the kids were younger and I corralled them all on the front steps to snap a picture, one of hundreds I took in that exact spot. Back then, it was hard to get a decent shot of all three—someone was always complaining or pinching someone else. Plus, it was the early days of digital photography, so there was a delay between when I pressed the button and when the shutter captured the image. I delivered my usual line—"Say cheese"—and then the girls ran off to strap the new puppy into their doll stroller.

Only my son remained on the porch, brow furrowed. He asked, "Mommy? Is there an actual cheese?"

"What are you talking about?" We needed milk, wipes, and dish soap. Did we need cheese too? My older daughter needed a haircut. My younger daughter needed new shoes. My brain broadcast this endless loop of parents with small kids, making it hard to pay attention to the one standing in front of me. He couldn't have been more than 5.

"I mean, you always tell us to say cheese. Is there an actual cheese?"

I tried to explain—"It's just a word that makes you smile"—but for the rest of the afternoon, he hit me with philosophical questions above my pay grade: "But why cheese? Why does everybody say it?"

Later, when I looked at the pictures, I saw that the delay had captured a certain look on my son's face—one I see now when he's skateboarding. There's that same concentration and focus, that same purse of lips and flash of blue eyes. It's the face of a kid trying to figure something out.

*Just some annoying teenagers.* How I wish I could take that back. Grab that woman by the shoulders and whisper the golden rule of parenting in her ear: Never say never.

**THERE ARE SO MANY** less productive things a teenager could be doing than playing outside, perfecting kick flips and ollies. (Sorry, *hanging out*. Not playing.) He could be glued to his phone, or he could just be heating up yet another frozen pizza whose petrified sausage flecks will take on a life of their own on the floor of the toaster oven.

ADVERTISEMENT

# Healthy. Beautiful. *Home.*

© 2018 TIME INC. AFFLUENT MEDIA GROUP, A DIVISION OF MEREDITH CORP. ALL RIGHTS RESERVED.  
PHOTOGRAPHY BY KIRBY STINGER/GROVE COLLABORATIVE



Grove Collaborative makes it easy and affordable to find natural products that are good for you, your family and the planet. Discover the best home and personal care products today at [www.grove.co/RealSimple](http://www.grove.co/RealSimple)

Get your Free Real Simple Clean Starter Set at [www.grove.co/RealSimple](http://www.grove.co/RealSimple)

  
**GROVE**  
collaborative

**30% BETTER\* PROTECTION**

**THAN**  
**U by Kotex Click.**

\*Among regular absorbency

© Procter & Gamble, Inc., 2018

## RELATING

Now, instead of seeing a nuisance across the street, I see a kid with pink cheeks and bright eyes. I see a kid who's maddeningly monosyllabic and cuttily funny, one who drives me to the brink with his study habits ("The whole class failed! I swear!"), then reels me back in with his curiosity about current events, movies, music, sushi, Korean barbecue, and, of course, sneakers. (Always sneakers.) Where I used to see a troublemaker loitering on public property, I now see a kid who outgrew soccer and is branching out into something new. I see a kid who added Clearasil to the shopping list, then pretended not to know who it was for, a kid whose legs are too long for boys' jeans but whose waist is too narrow for men's.

I thought I understood teenagers, having already been partway around the block with my older daughter, who is 17. She was a screamer in middle school, a textbook adolescent. We'd yell at each other, and then the air would clear and she'd ask me to test her on Spanish vocabulary. *Saltar*, to jump. *Volar*, to fly. *Dejar*, to leave. But my son would rather not step into the ring. He doesn't raise his voice—he just won't engage, apologize, or do whatever it is you want him to do. He's intractable, which can be infuriating in its own way. The only thing our older two kids have in common is their need for space, and lots of it. They prefer my husband and me to be seen and not heard. But these lanky, moody, heavily backpacked teenagers are still my people, and I love being in their orbit whether or not they want to be in mine. Plus, they have decent taste in movies, and they give me an excuse to buy Cinnamon Toast Crunch cereal.

Here's what I wish I'd known back in the days when I was huffing and puffing across the street to yell at someone else's son, and here's what I want people to know about mine: He is not the enemy. Fourteen-year-olds are still kids; the skateboarder who stood up to me was right about that. My son may not charm you—in fact, in his own silent, sullen way, he's likely to do the opposite—but he has feelings. And, thanks to me, he knows what people think of boys his age. He won't make much of an effort to prove me (or you) wrong. His charm lies in his predictability and his insistence on getting answers to the question you never thought to ask. (Come to think of it, maybe there should be an actual cheese.)

These days, when I look across the street at a new generation of skateboarders, I don't hear the terrible scrape anymore or see a pack of loud delinquents. Instead I see my boy, nimble as a ballerina, soaking up fresh air and freedom, landing on his feet. My job here isn't done, nor is the fun part of parenthood over. If the toddler years were the physical game, this is the mental one. And so I wait, I watch, and I hope. To jump, to fly. I thought I understood these words before; now I'm learning them all over again. The leaving will come later.



### ABOUT THE AUTHOR

Elisabeth Egan is the books editor at *Glamour* and the author of the novel *A Window Opens*. She lives in New Jersey with her family.

**YOU DO YOU.  
PERIOD OR NOT.**

Hit the road or take a break? With Tampax Pearl's ultimate protection and smooth removal, what you do is up to you.



**power**  
OVER PERIODS™

**TAMPAX**

# Modern Manners

**REAL SIMPLE'S ETIQUETTE EXPERT,  
CATHERINE NEWMAN, OFFERS  
HER BEST ADVICE ON  
YOUR SOCIAL QUANDARIES.**

#### L.D. ASKS...

**My husband and I have three children and live about 20 minutes from my in-laws. They will often pick up our kids from school and go on adventures, which is great. But when I text to ask about dinner or timing, my text goes unanswered. Or they will offer (generously!) to take the kids to the zoo. We will have them ready at, say, 10 a.m., but the in-laws will not show up until 2 p.m., despite our attempts to reach them. How can you tell people doing you a favor that you'd appreciate their being on time?**

I'm sure your unhurried in-laws are lovely company for your kids, but their relationship to time sounds at least occasionally maddening. You can't change their behavior, but you can change the way you communicate about it. Try to kindly let them know why it's an issue: "Thank you for taking the children! Can you please call us when you're on your way over? It's hard for the kids when they don't know how long they'll be waiting." You might also try to plan so that you drop the kids off, at which point you can ask, "What time do you think you'll bring them home? They're so excited, but we're juggling a lot, and it would help to know when to expect them." As your kids get older, they will be able to help too: They'll have phones, or they can watch the clock and cue the grandparents to tell you if they're running late. In other words, this too shall pass.



#### E.S. ASKS...

**A couple recently moved to our town and invited us to dinner. They cooked a delicious meal, and we brought wine and bread. Afterward, they casually said they would Venmo us for the groceries they'd bought. We felt this was unfair—it was not discussed beforehand. How do we handle this awkward situation?**



#### ABOUT CATHERINE

The author of *One Mixed-Up Night, Catastrophic Happiness, and Waiting for Birdy*, Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated children in Amherst, Massachusetts.

Did this couple move to your town from a different planet? Am I old-fashioned to think that hosting means you, you know, host? Were you supposed to bill them for the chianti and baguette? These are just some of the questions I'm left with. I confess to being depressed by the situation, though I'm the kind of person who would rather be served toast and eggs with gracious warmth than a fancy meal with a cold request for cost sharing. You're right: They should have alerted you about their expectations. But the thing to do now is pay your way and move on. If you like, you can invite them over without sending a bill afterward, to show them another style of hosting. Or you can decide that this ultramodern friendship is not for you.

**C.G. ASKS...**

**My daughter was a debutante for the June 2016 party season and wrote thank-you notes to all the hostesses who honored her with a party. I was cleaning out closets recently and came across many (35-plus) notes written and addressed but never mailed! Should I mail these original cards with a note explaining what happened? I am absolutely horrified that these kind people never received them.**

**HAVE AN ETIQUETTE QUESTION?**

Submit your social conundrums to [modernmanners@realsimple.com](mailto:modernmanners@realsimple.com). Selected letters will be featured on these pages every month.

I am trying to wrap my head around a party season that requires the writing of more than 35 thank-you notes! But your actual question is an easy one. Yes, you should do just as you suggest above. Pop a little note in with the cards—or, better yet, have your daughter do it: “In the blur of excitement I seem to have forgotten to put this in the mail! Forgive me. And please accept my belated thanks for your kindness and generosity.” If you think the closeted notes are part of a bigger picture of forgetfulness, you can talk to your daughter about dotting her i’s and crossing her t’s. Otherwise, just mail the cards out now and share a laugh.

## SCRAPE SCRUB CHISEL SCOUR



A Leading Multi-Cat Clumping Litter

AFTER POURING DRAMATIZATION: REFLECTS CLEANING AFTER 24 HOURS



### ARM & HAMMER™ CLUMP & SEAL™ SLIDE™, the revolutionary non-stick clumping litter

- SLIDES RIGHT OUT
- NO MORE SCRAPING
- 7-DAY ODOR-FREE HOME
- 100% DUST FREE





# SAVE LIVES NOW

## JOIN THE BATTLE AGAINST CANCER TODAY

MARVEL STUDIOS' AVENGERS: INFINITY WAR IS TEAMING UP WITH STAND UP TO CANCER AND AMERICAN AIRLINES TO FACE THEIR MOST POWERFUL ENEMY YET.  
YOU TOO CAN JOIN THE FIGHT BY FUNDING CANCER RESEARCH THAT HELPS SAVE LIVES NOW.

DONATE \$25 OR MORE TO STAND UP TO CANCER AND YOU'LL RECEIVE  
**10 AMERICAN AIRLINES AADVANTAGE® MILES** FOR EVERY DOLLAR YOU GIVE.

VISIT [STANDUPTOCANCER.ORG/AMERICANAIRLINES](http://STANDUPTOCANCER.ORG/AMERICANAIRLINES) TO JOIN THE BATTLE AGAINST CANCER AND TO LEARN MORE.

PICTURED: MEMBERS OF MARVEL STUDIOS' AVENGERS ALONG WITH CANCER FIGHTERS DR. PHIL SHARP AND AMERICAN AIRLINES TEAM MEMBER, SHANDRA FITZPATRICK.



STAND UP TO CANCER IS A DIVISION OF THE ENTERTAINMENT INDUSTRY FOUNDATION, A 501(C)(3) CHARITABLE ORGANIZATION.  
AMERICAN AIRLINES AND THE FLIGHT SYMBOL LOGO ARE MARKS OF AMERICAN AIRLINES, INC. © 2018 AMERICAN AIRLINES, INC. ALL RIGHTS RESERVED.  
AVENGERS: INFINITY WAR IN THEATERS APRIL 2018

WORK, MONEY, AND HEALTH  
ADVICE FOR BUSY PEOPLE

# balance



## THE "CLEAN EATING" RULES TO FOLLOW—AND BREAK

**Not-so-good news:** Eating clean isn't as great as we've been led to believe. Still, the trend does contain some nutritional pearls of wisdom. We separate the smart stuff from the pseudoscience.

By Juno DeMelo

FOOD STYLING BY MICHELLE GATTON

**IF YOU'VE JUST ABOUT** had it with diets—the complicated guidelines, the weird and expensive packaged foods, the quit-and-try-again cycle—the clean eating movement of the past several years may seem like a green, glowing, Gwyneth-worthy breath of fresh air. But the strange thing is, it's difficult to agree on exactly what it means. Many common clean eating rules, like consuming more vegetables, seem smart, but some people's ideas about clean eating are actually unhealthy or bogus (no, you don't need a juice cleanse to keep your liver working well, and processed food isn't slowly killing you). And make no mistake: Clean eating is still a diet, even if it comes in prettier packaging. If you fall off the wagon and eat something "dirty," you're right back where you started, feeling terrible about the way you eat.

Still, there are many tenets of the "clean" lifestyle that almost every expert can agree are great for you. Read on for a few elements of your diet that might benefit from a little cleanup—and some you might want to leave alone.

## GO AHEAD AND...

### Cut back on sugar.

Though the American Heart Association recommends women get no more than 25 grams (or 6 teaspoons) of added sugar a day, the average American consumes more than 70 grams. The problem: Excess sugar is linked to metabolic syndrome, a cluster of symptoms (including obesity and high blood pressure) that can raise your risk for diabetes and heart disease.

Luckily, you don't have to scour nutrition facts on everything you eat to uncover hidden sugar. "The added sugar in foods like ketchup and pasta sauce isn't a big deal," says Joan Salge Blake, EdD, RDN, clinical associate professor of nutrition at Boston University. Instead, focus on big-ticket items, like desserts and sugary beverages. And remain wary of less refined sweeteners, such as those

made with honey and agave. These healthier-sounding sugars are popular with some in the clean eating camp, but they still count as added sugar, and you shouldn't be eating too much of them.

### Eat more vegetables.

In a perfect world, you'd consume 2½ cups of vegetables a day. But just 9 percent of us meet that goal, according to the Centers for Disease Control and Prevention. Why is that bad? Seven of the top 10 leading causes of death in the U.S. are chronic diseases—and a diet rich in veggies, which contain fiber, vitamins, minerals, and antioxidants, can help lower the risk of many of them, including heart disease, type 2 diabetes, and certain kinds of cancer. "If you eat vegetables at lunch, for a snack, and at dinner, you'll likely nail the recommendation," says Blake. Salads and veggie sides are obvious choices, but vegetable soup, salsa, and crudités with dip will help you meet your quota as well.

### Choose whole grains.

They deliver fiber, B vitamins, and minerals and are linked to a reduced risk of heart disease and type 2 diabetes. Refined grains, like white rice and white flour, lose half to two-thirds of their nutrients during the refining process. The least processed grains you can buy are those in their whole form, like farro, barley, and quinoa. Next best are products made with whole-grain flour, like pasta and bread.

### Read labels.

You're looking for three main indicators of how nutritious your food is, with some exceptions. First, the ingredients list should be relatively short (something like veggie lasagna will have more ingredients than roasted nuts, which is fine) and made up of things you generally recognize. Second, the first three ingredients ideally won't be sugar or any of its pseudonyms, such as evaporated cane juice or fructose (unless it's a dessert). Finally, says Blake, "if the first ingredient is a grain, it should say 'whole' in front of it." Look at fat, fiber, and protein if you have orders from a doctor or dietitian to do so, but otherwise don't worry about them too much. And know that occasionally eating processed stuff that veers wildly from these guidelines won't harm your health, says Stephanie Clarke, RD, cofounder of C&J Nutrition in New York City. "If you love Cheetos, feel free to eat them once in a while."



**"Just because something  
is convenient doesn't mean  
it's not close to nature.  
Even almonds are processed."**

## THERE'S NO NEED TO...

### Avoid all processed foods.

Some of the healthiest foods we eat are technically "processed." Processed foods exist on a spectrum. On one end is fruit-flavored cereal, devoid of nutrients and colored with Blue No. 1 (not poison, but also not something you want in three meals a day). On the other end are fruits and vegetables flash-frozen at peak ripeness (which may help them retain more nutrients than fresh produce). "Just because something is convenient doesn't mean it's not close to nature," says Blake. "Even almonds are processed." So are rolled oats, canned tomatoes and beans, and broth, all of which have been altered in some way to be more edible, digestible, or safe.

### Detox.

Yes, toxins exist—mostly in pesticide residue, charred meat, and large quantities of alcohol—but they aren't invading every nook and cranny of your fridge. And unless you've somehow ingested so many toxins that you've landed in the ER, your liver and kidneys will excrete them on their own, no help or fasting required. "Your body is very efficient at taking the nutrients it needs from foods and getting rid of the rest," says Blake. "If you really want to clean your GI tract, you need more whole grains, fruit, and vegetables, not less food."

Blake also advises against taking a break from gluten, dairy, corn, soy, or any other purportedly gut-damaging, inflammatory, craving-inducing foods. If you

think you might have an allergy or intolerance, see a board-certified allergist, gastroenterologist, or registered dietitian. Otherwise, elimination diets can create nutritional gaps and even bring you more gastrointestinal distress.

### Fear food that's conventionally grown.

Many food-label claims, such as "natural," aren't regulated by the USDA. And even the ones that are, such as "organic," don't promise clear-cut benefits. "Organic systems use fewer pesticides, which is good for human health and the health of the planet, but they also have lower yields, which means you need more natural resources to produce the same amount of food," says Tim Griffin, PhD, director of the Agriculture, Food and Environment program at Tufts University. If you do choose organic, Clarke advises focusing on produce. Strawberries, spinach, stone fruit, apples, grapes, and pears tend to contain the most pesticide residue. But if organic food isn't in the budget, it's OK. You should still eat plenty of produce, even if it's conventional.

### A CLEAN TABLE AND A CLEAR MIND

While the value of a clean eating-style diet may be debatable, a cleaner, more mindful approach to your meals is a win. "Paying attention to taste, texture, and smell can maximize the pleasure you get out of food," says Kronberg. And studies show it could also offer many of the benefits associated with clean eating: helping lower your blood sugar, improving your digestion, and making it easier to lose weight. Sit down at the table (cleared of bills and folded laundry), not in front of the TV or your laptop. Then slow the pace by taking small bites, setting down your fork or taking a sip of water between each, and chewing thoroughly.



### Be overly rigid.

Declaring something off-limits can also make it more tempting—and lead to guilt when you inevitably "cheat" by eating something that isn't "clean." "Calling something 'dirty' has profound implications, especially for people prone to troubled relationships with food, who believe if they eat something unclean, they'll become that way themselves," says biochemist turned professional chef Anthony Warner, author of *The Angry Chef's Guide to Spotting Bullsh\*t in the World of Food*. Plus, the stress of avoiding supposedly dirty foods kind of sucks the joy out of breaking bread. "The point of eating healthy is to support your

aliveness, not encroach on it," says Sondra Kronberg, RD, executive director of the Eating Disorder Treatment Collaborative in Jericho, New York.

Instead of demonizing foods (and lamenting their exile), recognize that all foods have value, whether they deliver the perfect mix of macronutrients, remind you of your childhood, or just taste delicious. Eat what makes you feel happy and healthy, and tune in to your body so you'll stop when you've had enough. "Yes, food is fuel," says Kronberg, "but it also gives us pleasure and brings us together around the table. Rigid beliefs create anxiety and can suppress your internal hunger cues, making it difficult to eat in a relaxed way that meets your physical, emotional, and social needs."

ADVERTISEMENT

Real Simple™  
9-Cube Storage Unit  
(accessories sold separately)

# REAL SIMPLE

*practically*  
**BEAUTIFUL**

Organizing and decorating are easy with smart, stylish solutions from Real Simple. Available exclusively at Bed Bath & Beyond.

[BEDBATHANDBEYOND.COM/REALSIMPLE](http://BEDBATHANDBEYOND.COM/REALSIMPLE)

Real Simple™  
Decorative Shelf

AVAILABLE AT SELECT STORES

**BED BATH &  
BEYOND**

SEE THE WHOLE LINE AT  
[BEDBATHANDBEYOND.COM/REALSIMPLE](http://BEDBATHANDBEYOND.COM/REALSIMPLE)

Real Simple™  
Cordless Faux  
Wood Blinds



## Have Books, Will Travel

Some of our best reading is done on vacation. But with only so much suitcase space, it can be hard to narrow down a manageable to-be-read pile. For inspiration, we asked seven authors—all with their own new releases out in time for summer trips—to tell us where they're traveling and what books they're packing. Enjoy your break!



LAUREN GROFF'S

## Woodland Retreat

When Florida's heat becomes unbearable, my family drives up the East Coast to New Hampshire, where we've renovated a little barn by my parents' pond. It's a deeply happy place, full of dogs and chickens and apple trees and endless forests for my little boys to play in.

Groff's just-released story collection, *Florida*, delves into the state's people, climates, and animals.



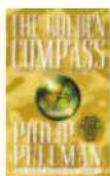
### FEEL FREE BY ZADIE SMITH

Our barn has no Wi-Fi or cell service, and, as there are hours of sunlight left after my boys fall asleep, I average a book a night in the summer. I love Smith's ecstatic, leaping brain, and I count on her new essay collection to keep me in wise company one night.



### OCEANIC BY AIMEE NEZHUKUMATATHIL

Some poets seem built for the blue-gray of winter, and some are best in heat and light. Nezhukumatahil is a summer poet to me, and you'll find me reading her newest collection with a glass of wine in an Adirondack chair.



### THE GOLDEN COMPASS BY PHILIP PULLMAN

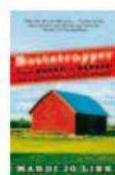
The trick to making long drives seem short is finding an audiobook we'll all love. I'm eyeing *The Golden Compass*, which is not only beautifully written enough to keep my attention but also adventurous enough for my little boys.

LILLIAN LI'S

## Lakeside Escape

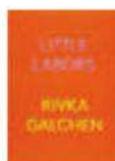
This summer, I'll be in Leland, a beautiful part of Michigan that runs between lakes Michigan and Leelanau. With not one but two bodies of water, you can bet I'll be spending all day on the beach—plastic cooler stuffed with drinks and pasta salad.

Li's debut, *Number One Chinese Restaurant*, is a multi-generational novel about work and family.



### BOOTSTRAPPER BY MARDI JO LINK

I love reading about hard work when I'm relaxing. In her memoir, Link overcomes the challenges of running a farm by herself: unruly farm animals, looming debt, and something called thundersnow. She's buoyed by the love of her three sons and her dream of living off the land.



### LITTLE LABORS BY RIVKA GALCHEN

Sometimes the best books for the lake aren't juicy thrillers but slim little volumes that make you reflect. Galchen's pocket-size book of essays on new motherhood is the latter. The essays, some only a sentence long, are playful, intelligent, and dense with wonder and love.



### WHAT WE WERE PROMISED BY LUCY TAN

Tan's debut (out July 10) leaps across time and space, traveling from a silk-producing village in rural China to American suburbs. It'll be refreshing to read about love triangles and the crowds of Shanghai while a lake breeze ruffles my pages.



RACHEL KUSHNER'S

## French Holiday

I go to France with my family every summer. My son is bilingual and attends a French summer camp. My husband used to live in Paris. Together, we've learned a lot about the Vézère Valley, where we spend much of our time. It's a beautiful rural place, with a meandering river with incredible castles on its banks and paths and rock carvings in the cliffs that date back thousands of years.

**The Mars Room**, from two-time National Book Award finalist Kushner, follows a woman starting two life sentences in prison.



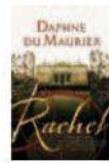
### TRANSIT BY RACHEL CUSK

I'm reading *Outline*, the first novel in Cusk's trilogy, now, and it is making me feel I'm already on vacation, albeit a vacation of her wonderfully articulate melancholy and alienation. I'm eager to read the next one, *Transit*.



### THE COUNT OF MONTE CRISTO BY ALEXANDRE DUMAS

My husband, son, and I plan to read this classic adventure novel together, partly because we're regular visitors to Marseilles, where you can see the fortress in which the main character is imprisoned. (Then, I think, he escapes? I guess I'll find out.)



### MY COUSIN RACHEL BY DAPHNE DU MAURIER

Because every vacation should include one of her books, which are limpid and smart but somehow require very little of a reader. They're engrossing, like a classic summer read should be, regardless of where you are and who you're with.

For more selections from these authors, visit [realsimple.com/summerbooks](http://realsimple.com/summerbooks).



JESSICA KNOLL'S

## Beach House Break

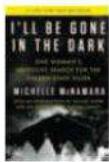
I'm from the East Coast, and I moved out to California a year and a half ago. Santa Barbara is a great weekend spot. So for Memorial Day weekend, my husband and I rented a house in Montecito, in Santa Barbara County, and invited a bunch of our East Coast friends to spend the long weekend with us.

Knoll's latest thriller, *The Favorite Sister*, is a whodunit about two sisters on a reality TV competition.



### TANGERINE BY CHRISTINE MANGAN

This book, set in Morocco in the 1950s, follows two college roommates in the years following a horrible event they want to forget. It's been compared to *The Secret History* by Donna Tartt, a book I would take to a deserted island.



### I'LL BE GONE IN THE DARK BY MICHELLE MCNAMARA

McNamara, the late crime writer, coined the moniker the Golden State Killer. This book is the product of her research into his crimes. She wrote with so much passion and so much humanity.



### PACHINKO BY MIN JIN LEE

This book was in my to-be-read pile for a while. *Pachinko* is a moving novel that follows four generations of a Korean family through Japanese colonization. Even though it's long, it's engrossing and really satisfying.



BEATRIZ WILLIAMS'S

## West Coast Road Trip

I was raised on the West Coast, so we try to road-trip there every so often. The plan is to fly into Denver and spend a few days with my aunt and uncle, then rent a minivan with our four kids—hopefully it's got a DVD player—and head through southern Wyoming to Utah, Nevada, and the Bay Area. After that we'll go north to Ashland, Oregon, where I took family vacations as a kid.

Williams's upcoming historical novel, *The Summer Wives* (out July 10), explores love and class on a small New England island.



### YOU THINK IT, I'LL SAY IT BY CURTIS SITTENFELD

Last summer, I binge-read all of Sittenfeld's books. She brilliantly captures the experience of being a newcomer in a complex social system. So I'm excited to read her new short stories.



### MASTER & COMMANDER BY PATRICK O'BRIAN

O'Brian's Aubrey-Maturin series is set in the Royal Navy during the Napoleonic wars. He re-creates this world effortlessly. They're literary but also compulsively readable.



### CHILDREN OF BLOOD AND BONE BY TOMI ADEYEMI

I got this for my 15-year-old daughter. Once I gave it to her, I heard all this buzz about it, so I'm going to read it. It's based on West African myth and magic. It's all about women taking charge.

peek-a-boo,  
look what's  
new!



BALANCE



ADRIENNE CELT'S

## Artsy Desert Camp

Tucson, Arizona, starts getting hot in April, and by June it's nearly unbearable. While I would love to leave town for the entire summer, I usually have to content myself with weekends away. I adore visiting Arizona's small, artistic towns, like Jerome and Sedona, and my friends have been hyping Bisbee for years. It's not a long drive from Tucson, but it's significantly cooler. Bonus points for the fact that we can bring our dog and will be staying in a mountaintop yurt.

Celt's *Invitation to a Bonfire* is part thriller, part love story, inspired by Vladimir Nabokov's marriage.

### THE QUICK & THE DEAD BY JOY WILLIAMS



This book is utterly bizarre but compulsively readable. Set in the desert, it's perfect for a trip in the West, when you're seeing the same alien landscape as the characters. Williams also doesn't get enough credit for how funny she is.

### A TRUE NOVEL BY MINAE MIZUMURA

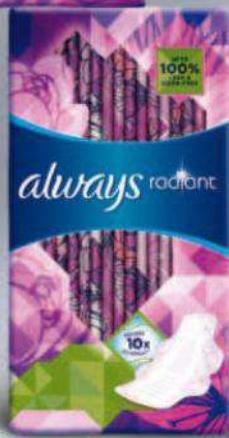
This modern Japanese retelling of Emily Brontë's *Wuthering Heights* tempers the melodrama of the original without losing any of the stormy passion. To me, it transcends its source material.

### GAUDY NIGHT BY DOROTHY L. SAYERS

This is my perfect summer read: It's funny, twisty, feminist, and smart, with sharp insights into the world of female intellectuals that are still relevant today. And it's a cracking good murder mystery to boot.

# protection for your fiercest looks

UP TO 100%  
LEAK & ODOR-FREE  
wear what you want



TAMPAX radiant *always*  
COLLECTION

RUMAAN ALAM'S

## Hamptons Hideaway

This summer, we'll spend a week on Long Island. It's a no-brainer for us: near enough to drive to, beautiful enough to feel like a respite from New York City life, and organized entirely around access to a beach and a pool. We'll cook out, get ice cream, watch the deer (a thrill for my kids), and lounge. This trip isn't about sightseeing or fine dining; it's about relaxing together.

In Alam's new novel, a white woman adopts her black nanny's child. *That Kind of Mother* explores privilege and motherhood.



### UNDER THE VOLCANO BY MALCOLM LOWRY

I like to bring a hefty book from my pile of books I've meant to read but somehow never have; this summer, it's Lowry's novel about a Brit in Mexico. A friend was just raving about it, which is, to my mind, the best way to discover a book.



### BRIEF LIVES BY ANITA BROOKNER

The kids aren't the only ones tired after a day by the pool. I also like to bring a couple of slender books, like Brookner's novel [about an unlikely friendship], because I feel industrious when I can finish multiple volumes on vacation.



### CHARLOTTE'S WEB BY E.B. WHITE

I'm going to read my kids *Charlotte's Web*. I'm confident the boys will be hooked on the story, and I think they're old enough to handle the fact that the title character dies, but I'm not totally convinced I will be able to read it without crying.

COVER IMAGES COURTESY OF (FROM TOP) HARPERCOLLINS PUBLISHERS (2), PENGUIN RANDOM HOUSE

**Making It Work**

# What service do you hire out to keep your sanity during the workweek?

By Jane Porter

**My husband and I enjoy cooking, but about two years ago, we noticed we were getting into a food rut.** We'd leave all our creativity at the office, even though we have about a dozen cookbooks. I finally decided we should try a meal-kit service. I started researching and found one called PeachDish. It's easy to come home and follow directions, and it also really helps cut down on food waste, since they send you exactly what you need to cook your meal. Now we cook together, and weeknights are a lot more fun.

**I have an organizer who helps me clear clutter and arrange the house so it's easier to find things.** Since I'm on the road a lot, it's hard to keep up with everything. I buy a block of hours and use her as needed. I have a house I've lived in for 35 years. As you live in a house, you get things, you put them in a closet, and they never go away. She emptied the kitchen closet while I was doing other stuff, and we worked together to decide what to get rid of and what to keep. I make jewelry, and she organized my supplies. All these little things add up to save a lot of time.

**Getting our laundry picked up and dropped off is something my wife and I have come to rely on.** Every Sunday, we get the laundry together, and the delivery guy picks it up. It comes back folded, which I love. When I was growing up, my mother always did everything, and it was instilled in me that that's part of having a work ethic. But being a parent has definitely changed my opinion of domestic work. I think getting help in that area is totally fine, as long as you pay people well for their services. It takes a lot of the pressure off.

**I have a 5-year-old pit-shepherd mix we rescued from our humane society, and my husband and I usually also have a foster dog.** Our lives are so busy, and I found I was always on social media asking, "Can someone let my dog out? Can someone go play with my dog for 30 minutes?" Now we use a dog-walking service called Wag. Someone can be at your house in half an hour. It's easy to pull up the app, and in a few seconds you have a walker. In my line of work, I never really have a set schedule, so the service is a big help for me and my dogs.

**I outsource the scheduling of my doctors' visits and other tasks to a virtual personal assistant.** When I realized I hadn't had my annual exam in about three years, I decided to hire someone. My husband said, "If this were a task for your business, you would have done it immediately, but because it's about taking care of yourself, it goes undone." It's hard to make the time to call and schedule these types of things, but if it's on my calendar, I'll go.



**JACKIE GATES, 33,**  
LEAD PROCUREMENT  
MANAGER FOR MARKETING  
CONTRACTS AT SHELL IN  
HOUSTON, TEXAS



**SUSAN FITZELL, 60,**  
EDUCATIONAL  
CONSULTANT IN  
MANCHESTER,  
NEW HAMPSHIRE



**JAMIE SCHMITZ, 46,**  
BAR OWNER IN  
BROOKLYN, NEW YORK



**SARAH JOHNSON, 28,**  
DIRECTOR OF MARKETING  
AT BEVAN-RABELL INC.,  
A GENERAL AVIATION  
AND AVIONICS FIRM IN  
WICHITA, KANSAS



**ADRIENNE DORISON, 32,**  
BUSINESS OPERATIONS  
CONSULTANT IN ST.  
PETERSBURG, FLORIDA

A close-up photograph of a woman chef from the side and back. She is wearing a light-colored apron over a blue denim shirt. Her right hand rests against her chin in a thoughtful pose, while her left hand holds a large, silver-colored cleaver by its handle. The background is softly blurred.

ADVERTISEMENT

# 2018 ★ **BEST NEW CHEFS**

Celebrating 30 years of discovering talent—each year, the editors of Food & Wine select the men and women who will shape the culinary landscape of the future, bestowing upon them the coveted title of Food & Wine Best New Chef. Discover the class of 2018 at [foodandwine.com/best-new-chefs](http://foodandwine.com/best-new-chefs)

FOOD & WINE  
**BEST NEW CHEFS**  
30TH ANNIVERSARY

presented by  Capital One®



## Ahhh...

Your breath can help you chill out and make a fresh start when you are feeling agitated, emotionally overheated, or impatient. Use this cooling breath as a personal air conditioner to get relief from irritations and upsets. Make an oval with your lips. Draw in a long, strong breath—you will probably hear a sound like the wind blowing. The air coming into your body will cool off your tongue. At the end of the inhalation, close your lips and gently press your tongue against the roof of your mouth. Feel the coolness of your tongue soothe your nervous system and calm your mind. Hold your breath for three seconds, then slowly exhale through your nose. Repeat five times.

—CYNDI LEE, [cyndilee.com](http://cyndilee.com)



# BACKYARD BLISS

MAYBE YOU HAVE ACRES OF GLORIOUS GREEN.

MAYBE YOU'VE GOT A FIRE ESCAPE.

EITHER WAY, NEGLECTING YOUR OUTDOOR SPACE

WOULD BE A CRIME AGAINST SUMMERTIME.

COME OUT BACK—THIS IS GOING TO BE FUN.

Photographs by  
Thayer Allyson Gowdy

Illustrations by  
Marisol Ortega





# A Little Slice of Home

How one Texas transplant learned—through the universal language of barbecue—that you can find refuge in any yard, no matter its size

By APRIL REYNOLDS

M

**Y CHILDHOOD IS A STUDY of what folks can do in a backyard. In ours, we pitched tents and played house; we made swings and hung them from trees. My father was less than pleased with what we did with his water hose to achieve that project. My sisters and I built a tree house that was so rickety it didn't last a week. We gave up when I managed to fall out of it. It's a wonder I didn't break a leg. But mainly, my family cooked.**

It's hot in Texas, and we didn't have an air conditioner. So on Fridays we went out to the backyard to have a fish fry. And in my father's opinion, "Where else would you fry fish?" On Saturdays, my father would argue with himself. *Chicken or beef? Beef or chicken?* And once that was settled, Dad would marinate a brisket, heavy on the pepper, and pull up a lawn chair. Billows of smoke would unfurl from the oil drum my uncle Herman had wrought into a smoker and given to my father as a wedding gift.

**On Fridays we went  
out to the backyard to have a  
fish fry. In my father's  
opinion, "Where else would  
you fry fish?"**

The sight was arresting in the jungle that was my Dallas backyard. Wild grass reached my father's knees. From the porch, my sisters and I would watch him murmur. "I should have put in more pineapple juice. More garlic powder. Where did that paprika go?" His worry circled the 20 pounds of brisket in the smoker. What he didn't do is lift the lid.

"Just open the lid and check it out, Daddy."

My father's response always sounded like a chorus in a song: "Naw, babies. If you looking, you ain't cooking." He followed his own advice until the final hours of barbecuing, when he had to lift the lid and swaddle the brisket in a paper bag to keep it moist. We Texans call this the Texan napkin.

When we weren't barbecuing in our backyard, we headed across town to cook on my uncles' and cousins' lawns. My dad was from Arkansas and was a beef man; my uncles were raised in Georgia and loved pork.

"You know why I love pork?" my uncle Fonz would ask my dad.

"Why's that?"

"Cause pork loves me." I think my father lost those arguments mainly because he was outnumbered.

**I'D LIKE TO SAY** that when I moved to New York City at 18, the things I missed most were playing, sleeping, and cooking in our backyard. It stands to reason, since I had spent most of my childhood out there. But the fact is, its absence was thrilling. I would spend hours on the phone with my dad explaining the mind-boggling state of your average New York backyard.

"First of all, nobody has a lick of grass."

"Oh, come on! You're messing with me."

"No, Daddy, it's true. They've got grass in the park and that's it."

"Even the rich folk?"

"Even the rich folk, Daddy. Best they can do is put these little bitty trees in planters on their balconies."

"Lord. Well, I'll be."

**IT TOOK MOVING** to Astoria, Queens, 12 years ago to miss my childhood backyard. My neighborhood is a combination of three-family apartment buildings and multistory housing complexes. The sidewalks are filled with people hawking their wares: cellphone cases, sunglasses, scarves. All of us—Japanese, Egyptian, Bulgarian, Mexican, Tibetan, Greek—fondle their merchandise. One day, minding my own business (as New Yorkers are wont to do), I smelled smoke. And it wasn't the smell of a building burning down.

It was the very distinctive odor of fire and meat coming together. I asked my Japanese neighbor across the street what they were doing.

"Yakitori."

"Yaki what?"

"Taste it."

"What is it, exactly?" I looked at the square box they stood next to. The grill was latticed. The meat—chicken, beef, and pork—was cut into discrete pieces and bunched together on metal skewers.

"Taste it." My father used to tell me, if it wasn't wiggling too much, put it in your mouth. Eating food people offer is the fastest way to make friends. What I chewed was salty and just a touch sweet. My neighbors were grinning at me. I'm pretty sure I was grinning too. I had moved to Queens and found my people.

From then on, I seemed to smell smoke everywhere. The Bosnians down the block were grilling these little sausages; the Cambodians an avenue away were charring satays. Best of all, my butcher became my close friend. John Kosmidis was not a man deterred by a pint-size backyard. When he roasted a baby lamb on a spit for Greek Easter at his in-laws' apartment building, I was invited. There was enough room for six of us to stand shoulder to shoulder and pluck meat just as it was done. That first year in Queens was a heady one, and it got me thinking: If all these people can cook like this in backyards the size of postage stamps with not a blade of grass to be found, why can't I?

It wouldn't be the same as back home, but so what? Standing in the corner of our mostly concrete backyard is my Weber smoker. I don't get to cook the way we did in Texas. In a city, one is forced to share. My backyard is communal property; I've got to find out who is planning something on any given day. I don't get to sleep next to my smoker in a lawn chair like my father did. I check the temperature with a pair of binoculars from my window. I tote platters of beer-butt chicken and Kansas City-style pork ribs and brisket—complete with a Texas napkin—up and down three flights of stairs. There's not a speck of grass or a lick of shade. But when I take a bite of brisket with a dill pickle slice on top, I think to myself, "Wherever you are, you can find your happiness in a backyard."

---

Reynolds is a novelist who teaches at Sarah Lawrence College. Her second book, *The Shape of Dreams*, is forthcoming.



# VACATION IN PLACE

NO AIRPLANE FOOD, NO RESORT FEES, NO COMPLAINING FROM THE BACK SEAT. THESE OUTDOOR TRANSFORMATIONS WILL LET YOU HAVE THE TIME OF YOUR LIFE WITHOUT EVER LEAVING HOME.

By Emily Hsieh





# Build Your Own Backyard Water Park



No pool? No problem. Create a cooling oasis with some clever water-centric activities. Amp up the joy of running through sprinklers by tossing beach balls back and forth through the spray. A water table filled with plastic bowls, measuring cups, and floating toys will keep toddlers engaged for hours (or close to it). Offer extra shade with umbrellas: If half your yard is shaded, estimate one umbrella per 8 to 10 people; if you have zero coverage, go with one umbrella per five or six people. Party-rental companies offer umbrellas that can be borrowed for about \$20 a day.



## ENCHANTED SPRINKLER

Ginormous Unicorn Yard Sprinkler, \$50; target.com.

## Oversize Umbrella

Peacoat Blue Stripe 10-foot cantilever outdoor umbrella, \$170; worldmarket.com.

## Graphic Chair

Teak sling chair, \$358; serenaandlily.com.

## BALLOON BUNCH

Zuru self-sealing water balloons, \$29 for 300; amazon.com.

## GAS GRILL

Everdure by Heston Blumenthal The Furnace grill, \$900; williams-sonoma.com.

## PLAY STATION

Sand and Water table, \$399; crateandbarrel.com for similar.

## BEACH BALL SPRINKLER

Little Tikes Ultimate Beach Ball sprinkler, \$15; bedbathandbeyond.com.

## BUBBLE MACHINE

1byone portable bubble machine, \$40; amazon.com.

## VIBRANT HOSE

Dramm ColorStorm premium rubber hose, \$58; amazon.com.

## COLORFUL COOLER

Yeti Roadie 20 cooler, \$200; dickssportinggoods.com.

"Offer an array of sunscreen and insect repellents in a cooler for a soothing touch when applied to skin."  
—Colin Cowie,  
event planner

**READER IDEA:** "TO CREATE A GIANT BUBBLE-BLOWING FACTORY, FILL A KID-SIZE POOL HALFWAY WITH SOAPY WATER AND ADD SLOTTED SPOONS, STRAINERS, AND OTHER HOLES OBJECTS." —SANDE M.



## 3 FUN FORMULAS FOR WATER GAMES

### WATER ARCADE

Balance Ping-Pong balls atop golf tees stuck into a brick of floral foam (sold at craft stores). Have players blow water through straws to knock them over.

### WATER BALLOON DODGEBALL

Set up a line of water balloons across the middle of your playing field and divide players into two teams. The last team standing wins.

### DRIP, DRIP, DOUSE

Try a summertime version of Duck, Duck, Goose. Whoever is "It" carries a bucket of water around the circle, dripping a little water onto each player's head. Eventually, "It" picks someone to douse with the remaining water. "Douse" must tag "It" before "It" makes it around the circle, or else "Douse" becomes the new "It."

## Easy Iced Fruit Pops

Divide chopped fruit (such as strawberries, cherries, kiwis, and blackberries) among 4-oz. ice pop molds. Fill each mold with lemonade or lemon-lime soda. Insert ice pop sticks and freeze until firm.



**TO BUY:** Zoku classic pop molds, \$15; williams-sonoma.com. Mums the Word fabric in blue, \$64 per yard; katiekime.com.

## OUTDOOR ESSENTIALS

The pros reveal their go-to goods for all types of backyard gatherings.

### OUTDOOR SPEAKERS

"Don't bother playing DJ. Outsource the playlist to the younger crowd and it'll turn into an all-ages dance party." —Christiane Lemieux, founder of the *Inside*, a customized-furnishings company

**TO BUY:** Sonos One, \$199; sonos.com.

### HEADLAMPS

"Set out a basketful for kids to play headlamp tag after dark." —Dan Braun, founder and CEO of Camp Navarro in Northern California

**TO BUY:** Three Trees Headlamp, \$10; amazon.com.

### FOLDING BEACH CHAIRS

"Ikea's Mysingö [\$25; ikea.com] is my all-time favorite for bright, lightweight, and inexpensive seating." —Elizabeth Demos, a Savannah, Georgia-based designer and prop stylist

### SPECKLED ENAMELWARE

"This stuff telegraphs summer. Plus, it's durable and all you need for a pretty outdoor table." —Lemieux

**TO BUY:** Graniteware breakfast plates, \$85 for 4; barnlight.com.

### OUTDOOR BEANBAGS

"Inflatable loungers by Chillbo [\$55 each; chillbo.com] work equally well on grass and in water." —Braun

For more ideas for budget-friendly outdoor decor, visit [realsimple.com/backyard](http://realsimple.com/backyard).

## Build Your Own Backyard Campsite

At the heart of every camp is a fire. In your own backyard, a fire pit makes it easy and keeps it contained (event planner Tara Guérard likes the Red Ember Cast Iron Fire Pit, \$140; [hayneedle.com](http://hayneedle.com)). Spread gravel beneath your fire pit to create a barrier between it and any flammable debris. If you choose to light an in-ground fire, check with your town's public safety office first to confirm local regulations. To create extra seating, contact a nearby tree-removal company to get stumps to use as stools. Old-school games, like cornhole, horseshoes, and lawn dice, never fail to please. You can also look for oversize outdoor versions of Jenga or dominoes.



"A blow-up pool filled with pillows and blankets makes a cozy nook for lounging and stargazing."  
—Natalie Good, owner of *A Good Affair*



**FOOTED FIRE PIT**  
Sunnydaze Decor  
cast-iron bowl fire pit,  
\$151; [hayneedle.com](http://hayneedle.com).

**TINY TENT**  
Asweets 4 Wall Cotton  
Play Teepee, \$95;  
[wayfair.com](http://wayfair.com).

**USB LANTERN**  
Forest Lantern, \$50;  
[barebonesliving.com](http://barebonesliving.com).

**LOUNGE POOL**  
Splash Outside the  
Lines! pool, \$70;  
[minnidip.com](http://minnidip.com).

**CAFÉ LIGHTS**  
Edison-style string  
lights, from \$20;  
[worldmarket.com](http://worldmarket.com).

**MODERN CORNHOLE**  
Black Triangle  
cornhole set, \$280;  
[wolfum.com](http://wolfum.com).

**ROASTING STICKS**  
Steel & Wood Roasting  
Forks, \$56 for 8;  
[shopterrain.com](http://shopterrain.com).

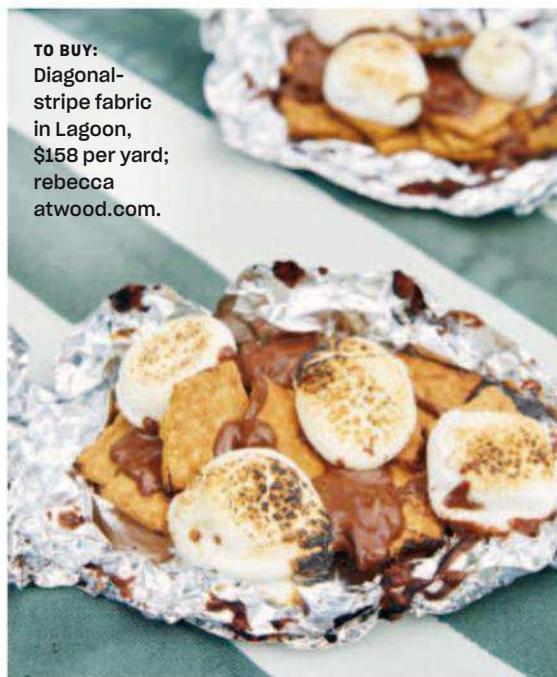
## No-Fail Foil Packets

### Beef & Potato Packets

Toss 4 sliced potatoes with 1 sliced onion and 1 Tbsp. olive oil; season with salt and pepper. Divide potatoes and onions among 4 large pieces of aluminum foil. Top each with 6 oz. ground beef and a squirt each ketchup and mustard. Seal packets and throw on a roaring campfire or hot grill or in a 400°F oven. Cook until potatoes are tender, 20 to 25 minutes.

### S'more Packets

Toss 8 graham crackers with 8 large marshmallows and 4 1-oz. chocolate bars broken into pieces. Divide mixture among 4 large pieces of aluminum foil. Seal packets and throw on a roaring campfire or hot grill or in a 400°F oven until chocolate melts, 5 to 10 minutes.



For s'more inspiration, go to [realsimple.com/indoorsmores](http://realsimple.com/indoorsmores).

**READER IDEA:** "THROW 99 PENNIES INTO THE BACKYARD AND TELL THE KIDS THAT WHEN THEY FIND 100 PENNIES, YOU WILL GIVE THEM ICE CREAM." —LINDA MAE A.

Paint a white rectangle onto a sturdy drop cloth for an inexpensive movie screen. Attach grommets to the corners (you only need a hammer) and secure it between two trees with rope.



# Build Your Own Backyard Movie Theater

Outdoor movie magic starts with a projector—the options out there are easier to use and more affordable than ever (Oh Joy! blog founder and creative director Joy Cho's pick: the DB Power T20, \$99; [amazon.com](#)). Make your own screen with a drop cloth, or invest in an inflatable option (EasyGO 14' Inflatable Mega Screen, \$148; [amazon.com](#)). The closer the projector is to the screen, the smaller, sharper, and more colorful the movie will be. "Tape down the cord with colored duct tape on hard surfaces to minimize the possibility of tripping," says interior designer and stylist Emily Henderson. Create a concession stand on a garden caddy or bar cart offering drinks, popcorn, and classic movie treats. Ask guests to RSVP with the name of their favorite movie, and pick one from a hat.



**READER IDEA:** "GIVE THE KIDS A LITTLE PAIL OF WATER AND A FAT PAINTBRUSH. THEY CAN 'PAINT' THE SIDEWALKS, THE HOUSE, AND EACH OTHER WITHOUT MAKING A MESS." —BRENDA R.

## MULTILEVEL STAND

Three Tier Folding Plant Stand, \$70; [worldmarket.com](#).

## OUTDOOR PILLOW

Calliope Maui pillow, \$35; [pier1.com](#).

## RESIN COOLER

Tina Frey large white bucket, \$380; [marchsf.com](#).

## BEVERAGE DISPENSER

Bubble Glass Drink Dispenser, \$30; [worldmarket.com](#).

## PRO-STYLE PROJECTOR

Epson Home Cinema 660 SVGA 3LCD projector, \$360; [bestbuy.com](#).

## ENAMEL BOWL

Pastel enamel salad bowl, \$48; [shopterrain.com](#).

## DRINK STATION

Riviera bar, \$798; [serenaandlily.com](#).

## COMFY SEATING

Stripes Bean Bag Lounger, \$116; [wayfair.com](#).

"After the show winds down, play some movie trivia. Try Heads Up!, a charades-style app for your phone."  
—Nicole Gibbons,  
interior designer

# Ode to a Trampoline

An appreciation for a toy shared and loved by a group of neighbors in San Francisco

By ELIZABETH WEIL



**M**Y NEIGHBOR to the east has three hand-painted tombstones in her tiny San Francisco backyard, commemorating the lives of "Clancy, a hen so sweet," "Flower Dowager, poultry supreme," and "Dupres, a very fine chicken." The birds had hopped every day through the hole we cut in the fence that separates my garden from hers and had spent a lot of time bawking outside my office's glass door. She also had a gravestone for "Chix, an excellent cat." Now we need a marker for another death in the family: the trampoline.

It appeared one day, 14 years ago, the relaxation therapy of a tenant who, within six months, had moved in and out of the apartment, leaving behind this 12-foot-round specimen of rubber, aluminum, and joy. In the years that followed, our baby grew into a toddler and our toddler into a preschooler, and then one day my husband yelled to the new tenant, a single mom with a son between our girls' ages, "Hey, neighbor! What do you think of me cutting another hole in the fence right here?" She gave the thumbs-up. My husband found his Sawzall. Fifteen minutes later we had a kid-size hole in the redwood.

Out the front door on our San Francisco block were cars, danger, a whole adult world: aging parents, too-expensive groceries, garbage cans to try (and fail) to remember to pull onto the sidewalk each Wednesday night. Out the back were giggles and low-key mystery, a child's world: Meyer lemon trees, a garden fountain on which to launch roly-poly bugs, the endlessly undulating trampoline. Soon the family of five who lived kitty-corner from us cut a child-size hole in their fence, and then the family of four to the south of them did so too. No parental permission was required for the kids to go jump. Sometimes mine screamed, "Mom, bye!" Often they just self-released. On the trampoline was a whole life, or practice for one. At age 14, my older daughter sat on it and tried to figure out how to stay close to the best friend she'd had since kindergarten and was starting to outgrow. At age 12, my younger daughter jumped out there with her sixth-grade boyfriend, because what else do you do with a sixth-grade boyfriend?

Then, a few weeks ago, the trampoline died. The rim rusted out, and the formerly single mother's hunky new husband lovingly disassembled it and carted it off to the dump. I'm fighting the urge to replace it—circle of life and all. "RIP trampoline, a true backyard gift."

---

Weil is the coauthor, with Clemantine Wamariya, of *The Girl Who Smiled Beads*.

"Ask guests to bring their own blankets, or load up on towels from the dollar store to make sure everyone stays cozy until the credits run."

—Kate Turner,  
principal designer of  
*Kate & Company*



## BANISHING BUGS

Expert-approved ideas for keeping mosquitoes at bay

"Place jarred citronella candles or insect-repelling incense under the dining table to help keep feet and ankles bite-free." —Colin Cowie

"I first spotted mosquito-repellent bracelets [\$19 for 6; homedepot.com] making the rounds at my son's soccer tournaments. They're sweat-proof and kid-safe." —Elizabeth Demos

"I'm a big fan of Burt's Bees herbal insect repellent [\$8; burtsbees.com]. It's safe for the whole family and smells like yummy lemons." —Nicole Gibbons

"The Thermacell Patio Shield [\$25; thermacell.com] creates a barrier against mosquitoes without any scent or flame." —Tara Guérard



**TO BUY:**  
Cleo navy indoor/outdoor rug, \$906 (5 by 8 ft.); annieselke.com.  
Harbour Island floor pillow (far left), \$188; serenaandlily.com.

## Popcorn 3 Ways

### Un-Cheddar

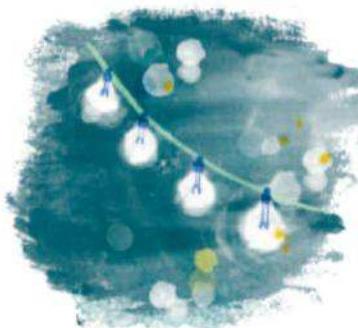
Spread 10 cups freshly popped popcorn (from  $\frac{1}{2}$  cup kernels) on a rimmed baking sheet and spray lightly with olive oil spray. Toss with  $\frac{1}{4}$  cup nutritional yeast, 1 tsp. kosher salt, and  $\frac{1}{2}$  tsp. garlic powder.

### Lemon-Pepper-Parmesan

Spread 10 cups freshly popped popcorn (from  $\frac{1}{2}$  cup kernels) on a rimmed baking sheet and spray lightly with olive oil spray. Toss with  $\frac{1}{4}$  cup grated Parmesan, the zest of 1 lemon, 1 tsp. kosher salt, and 1 tsp. freshly ground black pepper.

### Furikake

Spread 10 cups freshly popped popcorn (from  $\frac{1}{2}$  cup kernels) on a large rimmed baking sheet and spray lightly with olive oil spray. Toss with  $\frac{1}{4}$  cup furikake and 1 tsp. kosher salt.



## STRING LIGHTS 101

Look for bistro lights, which have a retro, European feel and large bulbs that give off plenty of light. LEDs, while more energy efficient, emit a cooler, less face-flattering light. For easy installation along wood rails or fencing, use plastic telephone-wire nail-in clips (\$3 for 20; homedepot.com), which have hooks to slip the string-light cable into with ease.

**READER IDEA:** "FILL TWO-LITER BOTTLES WITH WATER AND FREEZE THEM (OR FILL WITH SAND). LINE THEM UP LIKE BOWLING PINS AND USE A SOCCER BALL TO KNOCK THEM OVER." —ROSIE W.

# JUST ADD SUNSHINE

WHAT MAKES FOR A TRULY RELAXING BACKYARD MEAL, AT YOUR PLACE OR THEIRS? AN ARSENAL OF SECRET-WEAPON RECIPES YOU CAN WHIP UP ALL SUMMER LONG, IN AS LITTLE AS 10 MINUTES FLAT.

By Dawn Perry

Photographs by Victor Protasio

Illustrations by Marisol Ortega







# 1

## GERMAN BEET-AND-POTATO SALAD

ACTIVE TIME 20 MINUTES  
TOTAL TIME 1 HOUR, 20 MINUTES  
SERVES 6

- 2 lb. gold or Chioggia beets
- ½ lb. Yukon Gold potatoes
- 4 Tbsp. olive oil, divided
- 1 tsp. kosher salt, divided
- Freshly ground black pepper
- 8 oz. sliced bacon
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. whole-grain mustard
- 1 shallot, thinly sliced

**PREHEAT** oven to 400°F. Place beets, potatoes, and 1 cup water in a 13-by-9-inch baking dish. Drizzle with 2 tablespoons oil and season with ½ teaspoon salt and several grinds of pepper. Cover with aluminum foil and roast until beets and potatoes are tender when pierced with a small sharp knife, 45 to 55 minutes. Uncover and set aside until cool enough to handle, about 15 minutes.

**PEEL** cooled beets, slice into wedges, and transfer to a large bowl. Using your hands, gently crush potatoes into bite-size pieces and add to beets.

**COOK** bacon in a large skillet over medium, turning occasionally, until crisp, 5 to 7 minutes. Drain on a paper towel-lined plate and let cool 5 minutes. Break or chop into pieces and add to beets and potatoes.

**WHISK** together vinegar, mustard, shallot, remaining 2 tablespoons oil, remaining ½ teaspoon salt, and several grinds of pepper in a small bowl. Pour dressing over beet mixture and toss to combine. Serve at room temperature.



## SWEET AND SPICY TOMATO GLAZE

ACTIVE TIME 5 MINUTES  
TOTAL TIME 5 MINUTES  
MAKES 1 CUP

- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 1/4 cup tomato paste
- 3 Tbsp. olive oil
- 4 tsp. kosher salt
- 2 tsp. crushed red pepper flakes
- 2 tsp. toasted sesame oil
- 1/4 tsp. freshly ground black pepper

**WHISK** together all ingredients in a bowl until smooth.

**BASTE** chicken, pork, steak, burgers, or hot dogs with mixture during the last 5 minutes of grilling. Store glaze, tightly covered, in refrigerator for up to 1 week.

# Everybody's Out Back

How sharing a yard with five other families helped one New Englander give her kids the freedom to roam

By MIRA T. LEE

UR BACKYARD in Cambridge, Massachusetts, was never much to look at. A small, weedy patch of green wedged behind a pair of triple-deckers, it harbored a wobbly plastic table and a few cracked chairs. But accessible to six growing families, it would slowly evolve as our community did. One year we invested in lawn-care treatments; the next, a cedar fence; then a deck big enough to hold a wooden Ikea picnic table.

Our fancier neighbors had stone patios, trellises, meticulous plantings, and koi ponds, but our humble little backyard had heart—soon it would become a social hub to a dozen neighborhood kids, ages newborn to 10, who didn't care if the grass was dry or the dirt pocked with holes, as long as they could run and kick and yell at the top of their lungs.

Come the New England spring, we all propped open our doors. The kids tore up and down the back stairwells, ducking in and out of one another's apartments. Even the toddlers wandered freely, old-school style, in the care of communal eyes and ears.

Summer evenings, we'd congregate outside, each family with its own version of mac and cheese and cucumber wheels. Someone would dole out ice pops, or we'd split a watermelon. We shared a lawn mower, a sprinkler, an inflatable pool, insect repellent, ice packs, and Band-Aids too. Some weekends, entire afternoons passed unscheduled. Kids soaked one another with the hose, flew paper airplanes from balconies, socked Wiffle balls onto



the roof. As one shuffled off to baseball, another showed up with a bag of water balloons. And so on until the sun sank low and a second-floor mom called out, "Charlieeee, it's time for your bath!"

Amid whines and protests, parents corralled their kids. But the next morning, bright and early, doors flung open again. With my tea on the porch, I'd hear the clatter of plates or the roar of a vacuum. First-floor Henry had dashed out to play basketball; second-floor Charlie's baby sister was demanding juice.

My kids downed their cereal, raced downstairs. "Charlieeee? Can Charlie come out to play?"

Suddenly, I'd flash back to my carefree days in suburban Buffalo, New York, when I'd roam with my neighborhood pack from dawn to dusk.

Last year, we moved to a bigger apartment. It's a lovely space, nearly double the size of our old one. But there's no yard. No hub. And that's made me realize why I loved that little shared space so fiercely: It was a chance to impart one tiny, idyllic piece of my own childhood to my children.

Lee is the author of *Everything Here Is Beautiful*.





## GARLICKY PAN CON TOMATE

ACTIVE TIME 10 MINUTES  
TOTAL TIME 10 MINUTES  
SERVES 8

1 1-lb. loaf ciabatta, halved horizontally  
3 Tbsp. olive oil, plus more for drizzling  
1 large clove garlic, peeled  
2 large ripe tomatoes, halved  
Flaky sea salt  
Freshly ground black pepper

**PREHEAT** grill to high or oven to broil with oven rack 4 inches from heat. Brush cut sides of ciabatta with oil. Grill directly on grates or broil cut side up on a baking sheet until lightly charred in spots, 3 to 5 minutes.

**RUB** garlic all over cut sides of ciabatta. Rub tomato halves over cut sides of ciabatta, letting seeds and juice fall on top. Drizzle with more oil and season with salt and pepper.

**CUT** crosswise into 1½-inch-thick pieces and serve.





## KIWI-CUCUMBER RELISH

ACTIVE TIME 10 MINUTES  
TOTAL TIME 10 MINUTES  
MAKES 2 CUPS

- 1 small English cucumber, chopped (about 1½ cups)
- 3 kiwis, peeled and chopped (about 1 cup), divided
- ½ bunch fresh cilantro leaves and tender stems, coarsely chopped
- 1 jalapeño, seeded and chopped
- 2 Tbsp. fresh lime juice (from 1 lime)
- 1¼ tsp. kosher salt

**PLACE** cucumber and ½ cup chopped kiwis in a medium bowl. Place cilantro, jalapeño, lime juice, salt, and remaining ½ cup kiwis in a blender and process until smooth, about 15 seconds. Pour mixture over cucumber and kiwis and toss to combine.

**SERVE** with chips or on top of burgers, hot dogs, chicken, or fish.





## CRUNCHY BROCCOLINI WITH LEMON AND PECANS

ACTIVE TIME 20 MINUTES  
TOTAL TIME 20 MINUTES  
SERVES 6

- 4 bunches (1 3/4 lb.) Broccolini, trimmed, divided
- 6 Tbsp. olive oil, divided
- 1 tsp. kosher salt, divided
- Freshly ground black pepper
- 1 lemon
- 1 Tbsp. honey
- 1/2 cup pecans, toasted and chopped

**PREHEAT** oven to 400°F. Toss 3 bunches Broccolini with 4 tablespoons oil, 1/2 teaspoon salt, and several grinds of pepper on a rimmed baking sheet. Arrange in a single layer and roast, shaking sheet halfway through, until charred in spots, 12 to 15 minutes.

**MEANWHILE**, thinly slice half the lemon. Stack slices and finely chop. Transfer chopped lemon (including peel) to a food processor and add the juice of the remaining lemon half, honey, remaining 2 tablespoons oil, and remaining 1/2 teaspoon salt; process until combined, about 10 seconds.

**CUT** roasted and raw Broccolini into 2-inch pieces and toss with lemon dressing. Serve topped with toasted pecans.



## VANILLA PEACHES IN ROSÉ

ACTIVE TIME 10 MINUTES  
TOTAL TIME  
2 HOURS, 10 MINUTES  
SERVES 8

- 8 firm ripe peaches, apricots, or nectarines (about 3 1/2 lb.), halved and pitted
  - 1 750-ml bottle dry rosé
  - 1 cup sugar
  - 1 vanilla bean, split lengthwise
  - 3 whole star anise (optional)
- Vanilla ice cream, for serving

**ARRANGE** peaches in a 13-by-9-inch baking dish. Combine rosé and sugar in a medium pot. Scrape seeds from vanilla bean and add seeds, bean, and star anise to pot. Simmer, stirring occasionally, until sugar is dissolved, 5 to 7 minutes. Pour rosé syrup over fruit and let macerate, uncovered, at room temperature for 2 hours or refrigerated overnight.

**SERVE** peaches with ice cream, with rosé syrup spooned over top.

Get a guide to grilling every kind of meat, fish, and vegetable at [realsimple.com/howtogrill](http://realsimple.com/howtogrill).





THICK CUT FOR MORE  
**SEA-SALTED CRUNCH**



All trademarks are owned by Frito-Lay North America, Inc. ©2015

# food

---



## JULY

When you're bouncing from pool to park, from the beach to your own backyard, summer (to paraphrase Ferris Bueller) moves pretty fast. We'd hate for

you to miss it tied to the kitchen. So don't overthink: Make a batch of salsa (page 136) to snack on while you fire up the grill. Throw on one of our favorite hot dogs (page 138) or some hoisin-glazed chicken burgers (page 132) and cool off with an iced tea sweetened with the easiest simple syrup (page 140). Then sit back, relax, and count the fireflies.

Oscar  
Mayer

# BACONISITENTLY DELICIOUS



Oscar  
Mayer

• America's Favorite Bacon  
• NATURALLY •  
HARDWOOD SMOKE<sup>D</sup>  
Bacon

Oscar Mayer bacon comes through with  
baconisitently great flavor every time  
you cook it.

**Easy Dinner 1**

# Cheesy heirloom tomato tart

ACTIVE TIME 20 MINUTES TOTAL TIME 35 MINUTES SERVES 4

✓ Vegetarian ✓ Family Friendly



- 12 oz. mixed heirloom tomatoes (about 3 medium), sliced  $\frac{1}{4}$  in. thick
- 1 cup cherry tomatoes, halved lengthwise
- $\frac{1}{4}$  tsp. kosher salt, divided
- 3 oz. sharp Cheddar cheese, shredded (about  $\frac{3}{4}$  cup)
- $\frac{1}{2}$  cup mayonnaise
- 2 scallions, finely chopped
- 1 Tbsp. finely chopped fresh dill, plus sprigs for serving
- Pinch of cayenne
- $\frac{1}{2}$  tsp. freshly ground black pepper, divided
- $\frac{1}{4}$  cup olive oil
- 10 frozen phyllo pastry sheets (from a 16-oz. pkg.), thawed

**PREHEAT** oven to 450°F with a rack in lowest position. Arrange tomatoes on a large baking sheet lined with paper towels. Season with 1 teaspoon salt and let stand 10 minutes. Pat dry with paper towels.

**MEANWHILE**, stir together cheese, mayonnaise, scallions, chopped dill, cayenne, and  $\frac{1}{4}$  teaspoon pepper in a medium bowl. Place oil in a small bowl. Line a baking sheet with parchment paper, brush with oil, and place 1 phyllo sheet on top; brush with oil. Repeat with remaining 9 phyllo sheets and oil. Spread cheese mixture evenly over top, leaving a  $\frac{1}{2}$ -inch border. Top with tomatoes and season with remaining  $\frac{1}{4}$  teaspoon each salt and pepper.

**BAKE** until crust is golden brown, 18 to 20 minutes; let cool 5 minutes. Top with dill sprigs just before serving.

**PER SERVING:** 558 CALORIES, 44G FAT (10G SAT.), 33MG CHOL., 2G FIBER, 10G PRO., 31G CARB., 1,150MG SOD., 3G SUGAR

**Easy Dinner 2**

# Hoisin-glazed chicken burgers with carrot slaw

ACTIVE TIME 25 MINUTES  
TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Family Friendly

1½ lb. ground chicken  
 ¼ tsp. freshly ground black pepper  
 ½ tsp. kosher salt, divided  
 1½ Tbsp. canola oil  
 ¼ cup hoisin sauce  
 1 cup shredded carrots (from 2 large carrots)  
 ½ cup cilantro leaves and tender stems  
 ¼ cup torn fresh mint  
 1 Tbsp. fresh lime juice (from 1 lime)  
 2 tsp. sugar  
 4 hamburger buns, split and toasted  
 ¼ cup mayonnaise  
 Waffle fries, for serving

**PLACE** ground chicken, pepper, and 1 teaspoon salt in a large bowl. Mix together with your hands and shape into 4 patties.

**HEAT** oil in a large nonstick skillet over medium-high. Cook patties until a thermometer inserted in thickest portion registers 165°F, 5 to 6 minutes per side. Brush patties on 1 side with half of the hoisin sauce; flip patties and brush with remaining hoisin. Remove from heat.

**TOSS** carrots, cilantro, mint, lime juice, sugar, and remaining ½ teaspoon salt in a medium bowl.

**BUILD** burgers with buns, mayonnaise, patties, and carrot slaw. Serve with fries.

**PER SERVING:** 549 CALORIES, 30G FAT (6G SAT.), 136MG CHOL., 2G FIBER, 27G PRO., 37G CARB., 1,362MG SOD., 11G SUGAR



**COZI**

**COOK WITH COZI**  
 Get *Real Simple's* easy weeknight-dinner recipes in Cozi, a free meal-planning and organizing app from Meredith Corporation (available on iTunes and Google Play).

**Easy Dinner 3**

## Grilled scallops with corn salad

ACTIVE TIME 30 MINUTES TOTAL TIME 30 MINUTES SERVES 4

✓ Quick Cooking ✓ Gluten-Free

- 7 Tbsp. olive oil, divided, plus more for grill grates
- 3 ears corn, shucked
- 1 large poblano chile, seeded and chopped
- 1 medium shallot, thinly sliced
- 3 Tbsp. fresh lime juice (from 2 limes)
- 1/2 tsp. ground cumin
- 2 1/2 tsp. kosher salt, divided
- 1 tsp. freshly ground black pepper, divided
- 12 large sea scallops (1 1/2 lb.)
- 4 cups mixed salad greens
- 1 ripe avocado, pitted and sliced

**PREHEAT** grill or grill pan to high (450°F to 500°F) and lightly oil grates. Grill corn, uncovered, turning occasionally, until corn begins to char, 10 to 12 minutes. Remove from grill and let cool slightly. Cut kernels from cobs and discard cobs; transfer kernels to a medium bowl. Add poblano, shallot, 5 tablespoons oil, lime juice, cumin, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper; stir to combine.

**THREAD** 3 scallops onto 2 6-inch side-by-side bamboo skewers so scallops lie flat. Repeat with 6 skewers and remaining scallops (using 8 skewers total). Pat scallops dry with paper towels. Drizzle with remaining 2 tablespoons oil and season with remaining 1 teaspoon salt and 1/2 teaspoon pepper. Grill scallops, uncovered, until grill marks appear, about 4 minutes. Using a fish spatula, flip and cook until scallops are just cooked through, about 3 minutes more.

**TOSS** salad greens with corn mixture and avocado. Top with grilled scallops.

**PER SERVING:** 495 CALORIES, 31G FAT (4G SAT.), 41MG CHOL., 6G FIBER, 25G PRO., 33G CARB., 1,899MG SOD., 10G SUGAR





#### Easy Dinner 4

## Pork tenderloin with marinated grilled peppers

ACTIVE TIME 30 MINUTES TOTAL TIME 30 MINUTES SERVES 4

✓ Quick Cooking ✓ Gluten-Free

- 2 3/4-lb. pork tenderloins
- 5 Tbsp. olive oil, divided
- 2 tsp. kosher salt, divided
- 1/4 tsp. freshly ground black pepper, divided
- 8 oz. sweet mini peppers, halved lengthwise
- 1/4 cup torn fresh basil leaves
- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh oregano leaves
- 2 cloves garlic, sliced

**PREHEAT** grill to high (450°F to 500°F). Drizzle pork with 1 tablespoon oil and season all over with 1½ teaspoons salt and 1 teaspoon pepper. Grill

pork, covered, turning every 5 minutes, until a meat thermometer inserted in thickest portion registers 140°F, 16 to 18 minutes. Remove from grill and let rest 5 minutes.

**MEANWHILE**, toss mini peppers with 1 tablespoon oil. Grill, turning once, until charred on both sides, 2 to 3 minutes per side. Transfer to a medium bowl and add basil, vinegar, oregano, garlic, and remaining 3 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper. Let marinate 10 minutes.

**SLICE** pork and serve with marinated peppers.

**PER SERVING:** 350 CALORIES, 21G FAT (4G SAT.), 111MG CHOL., 1G FIBER, 36G PRO., 3G CARB., 1,053MG SOD., 1G SUGAR

**Easy Dinner 5**

# Cantaloupe salad with sliced feta

ACTIVE TIME 20 MINUTES TOTAL TIME 20 MINUTES SERVES 4

✓ Quick Cooking ✓ Vegetarian



- 1 small shallot, finely chopped
- 5 Tbsp. Champagne or white wine vinegar
- 1 3-lb. cantaloupe, peeled, seeded, and sliced
- 1 English cucumber, sliced
- 6 oz. feta cheese, thinly sliced (about 1½ cups)
- ½ loaf ciabatta, sliced
- 7 Tbsp. olive oil, divided
- 1½ tsp. kosher salt, divided
- ½ cup loosely packed fresh basil leaves
- ½ cup roughly chopped toasted almonds
- ¼ tsp. freshly ground black pepper

**STIR** shallot and vinegar in a small bowl and let stand 10 minutes.

**MEANWHILE**, arrange cantaloupe and cucumber on a large platter and top with feta; set aside.

**HEAT** a grill pan over high. Brush both sides of ciabatta slices with 3 tablespoons oil. Grill until charred on both sides, 1 to 2 minutes per side.

**WHISK** 1 teaspoon salt and remaining 4 tablespoons oil into shallot-vinegar mixture. Drizzle over salad. Top with basil, almonds, pepper, and remaining ¼ teaspoon salt. Serve with grilled ciabatta.

**PER SERVING:** 622 CALORIES, 29G FAT (11G SAT.), 38MG CHOL., 4G FIBER, 13G PRO., 48G CARB., 1,390MG SOD., 19G SUGAR

# Make It Yourself

A DELICIOUS ESSENTIAL THAT'S BETTER  
HOMEMADE THAN STORE-BOUGHT. WE'LL PROVE IT.  
THIS MONTH: FRESH SALSA

ACTIVE TIME 15 MINUTES  
TOTAL TIME 15 MINUTES  
SERVES 8

- 1 lb. plum tomatoes, cored and chopped (2 cups)
- 1½ tsp. kosher salt
- ¼ cup finely chopped red onion
- 1 Tbsp. chopped fresh cilantro leaves
- 1 Tbsp. fresh lime juice
- 1 small clove garlic, finely chopped
- ¼ tsp. freshly ground black pepper
- ½ to 1 jalapeño (depending on desired heat level), seeded and finely chopped

**PLACE** tomatoes in a large bowl and stir in salt. Let stand at room temperature until tomatoes release their juices, at least 10 minutes and up to 30 minutes.

**ADD** onion, cilantro, lime juice, garlic, pepper, and jalapeño and stir to combine.

For a smoother version, check out [realsimple.com/blendersalsa](http://realsimple.com/blendersalsa).



FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY CLAIRE SPOLLEN

PERFECTLY CURATED FOR THE  
**SNACKING**  
*connisseur*

—SMALL—  
PLATES

ITALIAN DRY SALAME  
WITH NATURAL GOUDA CHEESE & TOASTED ROUNDS

16g  
PROTEIN

HILLSHIRE®  
SNACKING



HILLSHIRE®  
SNACKING  
A SNACK ABOVE  
EXPLORE MORE FLAVORS  
[hillshiresnacking.com](http://hillshiresnacking.com)

**Road Test**

# Hot Dogs

**WE ATE A WHOLE LOT OF HOT DOGS—MORE THAN 60 KINDS, IN FACT—to find the best for your grilling needs. THESE WERE THE CLEAR WIENERS (SORRY).**

By Grace Elkus

**BEST BUN LENGTH****Ball Park Bun Size Angus Beef Franks**

This classic, all-American dog will star at any backyard barbecue. The crackly skin gives way to a juicy, beefy center—transporting you to a sunny day at the ballpark. It fits snugly into its bun, so every bite boasts the perfect bread-to-hot-dog ratio.

**TO BUY:** \$5.50 for 14 oz.; at grocery stores.

**BEST BEEF****Niman Ranch Fearless Franks  
Uncured Beef Hot Dogs**

Made with 100 percent choice Angus beef, these premium hickory-smoked franks are seasoned with paprika, mustard, and garlic for robust flavor in every bite.

**TO BUY:** \$7 for 11 oz.;  
at specialty grocery stores.

**BEST PORK****Olympia Provisions  
Pork Frankfurters**

If you prefer hang-off-the-bun hot dogs with great snap, look no further than these foot-long pork frankfurters from the popular Portland, Oregon-based charcutier.

**TO BUY:** \$12 for 12 oz.;  
at specialty grocery stores.

**BEST TURKEY****Oscar Mayer Natural  
Turkey Franks**

These brand-new, uncured turkey dogs (no added nitrates or nitrites) gave the beefy competitors a run for their money.

**TO BUY:** \$3.40 for 16 oz.;  
at grocery stores.

**BEST PORK AND BEEF****Coleman Natural Pork &  
Beef Uncured Hot Dogs**

Deliciously plump, with quintessential hot dog flavor, these are the ideal blank canvas for all your favorite fixings.

**TO BUY:** \$5 for 12 oz.;  
at grocery stores.

**BEST VEGGIE****Yves Jumbo Veggie Dogs**

Sixty percent larger than the brand's original dog, this vegan variety is supremely satisfying—for vegetarians and meat eaters alike. Its flavor is surprisingly authentic.

**TO BUY:** \$4.50 for 13.4 oz.;  
at grocery stores.

Go to [realsimple.com/condiments](http://realsimple.com/condiments) for help organizing all those jars and bottles.

**Reynolds Wrap®**  
ALUMINUM FOIL TRUSTED SINCE 1947

FOIL  
MADE IN  
U.S.A.  
\*\*\*

**Grandma was Italian.  
Mom fell in love in Greece.  
You married a grill master.**

Inspired by culture. Prepared by you.

*Grilled*  
**GREEK PIZZA**

For this recipe, visit  
[ReynoldsKitchens.com](http://ReynoldsKitchens.com)



**Big Batch**

# Simple syrup

ACTIVE TIME 10 MINUTES TOTAL TIME 40 MINUTES MAKES 4 CUPS

**Simple Syrup**

3 cups sugar  
3 cups water

**STIR** together sugar and water in a medium saucepan. Bring to a boil over medium-high and cook, stirring often, until sugar dissolves, 3 to 4 minutes. Remove from heat and let cool to room temperature, about 30 minutes. Store syrup in an airtight container in the refrigerator for up to 1 month. Use to sweeten iced coffee or tea, cocktails, or our Easy Fresh Fruit Sodas.

**Easy Fresh Fruit Sodas**

ACTIVE TIME 10 MINUTES  
TOTAL TIME 10 MINUTES  
SERVES 4

12 oz. chopped watermelon,  
honeydew, or blackberries  
4–8 Tbsp. Simple Syrup  
32 oz. (4 cups) club soda or  
seltzer, chilled

**PROCESS** fruit in a food processor until smooth. Strain through a fine-mesh strainer over a bowl, pressing with the back of a spoon. Discard solids. (You should have about 1 cup juice.)

**FOR 1 SODA:** Combine 2 tablespoons fruit juice with 1 to 2 tablespoons Simple Syrup (depending on desired sweetness level). Top with 8 ounces club soda.

**PER SERVING:** 88 CALORIES, 0G FAT  
(0G SAT.), 0MG CHOL., 0G FIBER, 0G PRO.,  
23G CARB., 58MG SOD., 22G SUGAR

Recipe by Grace Elkus  
Photograph by Greg DuPree

## SIMPLYSHOPPING

**NS CUSTOM CRAFTED SLIPCOVERS**

Custom made to fit your furniture from your photos & measurements.

Designer styles and washable fabrics at an affordable price.

Easy on-line ordering.

*Free swatch code RS217*

**NEEDLE & SHEARS**  
CUSTOM DECOR

877.325.5154 toll free • [www.needleandshears.com](http://www.needleandshears.com)

**T-SHIRT QUILTS**  
**Campus Quilt**  
We make your t-shirts into a quilt!

- 100% Quilted
- Outstanding Quality
- Made from your t-shirts
- Great Prices!

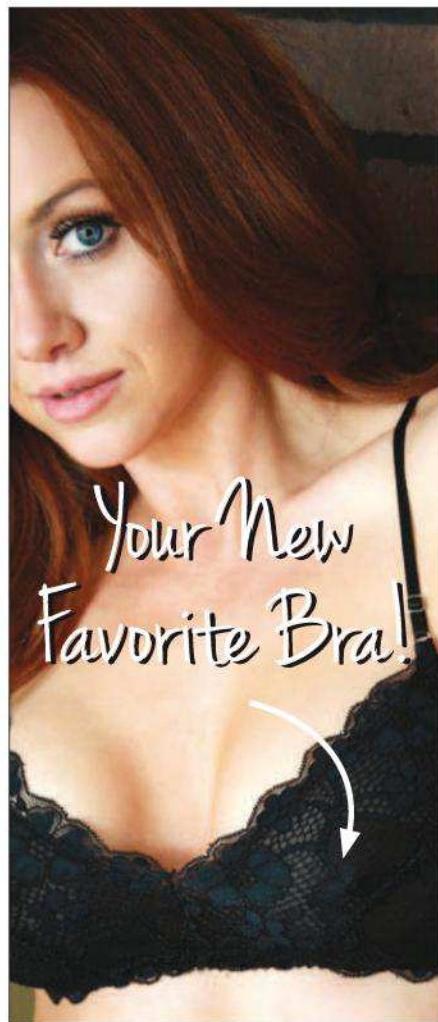
Call today for \$10 off!  
**800-880-8534**  
[www.campusquilt.com/order](http://www.campusquilt.com/order)

**KINEKT**  
INTERACTIVE JEWELRY

What a great gift!  
(hint, hint)

LIFETIME WARRANTY  
FREE SHIPPING

888-600-8494 | [kinektdesign.com](http://kinektdesign.com)



SAVE \$20 ON ANY 3 BRAS &  
RECEIVE A FREE LINGERIE BAG\*

USE CODE: REAL718

\*offer ends without notice

**Coobie®**  
Seamless Bras

[www.shopcoobie.com](http://www.shopcoobie.com) • 1-888-789-1037

f  
[facebook.com/thecooobiestore](https://facebook.com/thecooobiestore)  
g  
[@shopcoobie](https://www.instagram.com/shopcoobie)  
t  
[@shopcoobie](https://twitter.com/shopcoobie)

**YogaToes®:**  
The Secret To Tip-Top Toes

This simple foot fixer has changed foot health forever. People who've discovered YogaToes® are enjoying astonishing results: Instant Relief from Bunions, Hammertoes & Plantar Fasciitis. Save 15%! Code: RS718 at [YogaToes.com](http://YogaToes.com) or 877-964-2776

**Yoga Toes.**

**Little Passports**  
A GLOBAL ADVENTURE

Award-winning subscriptions for curious kids

[www.LittlePassports.com](http://www.LittlePassports.com)

**The Struggle Is Real**

# The Life-Changing Magic of Organizing Your Organizational Supplies

By Julie Vick



Did you visit the Container Store and accidentally buy one of everything? Do you have an organizing project you've been meaning to get to for 10 years? Us too! That's why we put together these transcendent ideas for repurposing your mountain of organizational supplies.

**Mason jars:** You've probably got a supply of these for projects like baking unicorn cakes or creating jewelry storage jars by dipping them in 24-karat gold. To organize your collection, first sort them by size and color. Then procure an enormous mason jar and arrange the smaller jars inside to construct a stylish statue—perhaps of a robin's nest or Marie Kondo.

**Plastic bins:** Haven't had time to organize your children's craft supplies into bins of items like "glitter that will be in your carpet forever"? No problem! Just use the bins to build your kids a play area shaped like the Colosseum. The first kid to knock it over has to sort the Lego pile.

**Pegboard:** That pegboard will someday be a wonderful way to organize all the pots and pans. Until then, turn it into a game of Plinko. The bottom "prize" slots could be fun activities, like scrubbing the bathroom grout or finally converting the Plinko board into the Julia Child-style pots-and-pans organizer you have always visualized.

**Cute tiny boxes:** Did you buy several boxes thinking they would be perfect to hold some things, but you didn't know what those things would be yet? Just arrange them on a shelf in your bathroom. Your guests won't know they're empty, and they'll be impressed with your organizational skills, which is the whole point of organizing anyway.

**Cereal boxes:** What should you do with the empty cereal boxes you've held on to in hopes of one day giving them new lives as beautiful drawer organizers? Set them up in a pyramid to make a knock-down game. You'll be surprised by how invigorating it can be to throw something.

## **Still-in-the-box shelving:**

If you haven't had the chance to put together the bookcase you bought to achieve the #shelfies of your dreams on Instagram, don't fret! Paint the box the same color as your living room wall, sketch a seascape on it, and store it directly on the wall.

**Hooks:** Those extra hooks that are supposed to be for designing vertical organizational systems throughout your home can, in fact, help you save money on a gym membership. Simply attach the hooks to your ceiling for a unique, upside-down rock-climbing space.

## **Canvas storage bins:**

Do you have a stockpile of canvas totes you picked up when they were on sale last year, figuring you would use them somewhere? Now you can! Stuff them with other tote bags and the scarves you have been stress-knitting, then set up a nap area on a closet floor. You'll probably need to rest after all this organizing.

Nature's  
Own

New!

BAKERY STYLE BREAD IN THE BREAD AISLE.  
PERFECTLY CRAFTED BREAD

FOR

THE  
NEXT  
Avocado  
TREND

[NO ARTIFICIAL  
PRESERVATIVES,  
COLORS, OR FLAVORS]



AND

GUEST  
STARRING

ON  
Spaghetti

NIGHT

[NON-GMO]

# THIS SUMMER *the BAND is on TOUR.*



COMPASS

GRAND CHEROKEE

CHEROKEE

WRANGLER

RENEGADE



Get the Apple® experience in all qualifying **Jeep vehicles**. Enjoy maps, messages and over 45 million songs, ad free with Apple Music.® Get up to six months free of Apple Music.\* Now you can take the concert with you.



THE OFFICIAL VEHICLES *of Summer*

Requires iOS equipped device. BeatsAudio™ available on select models.

\*Offer begins May 1, 2018 with purchase of qualifying FCA vehicle for Apple Music in USA. Six months Apple Music free for new user, 3 months for existing. Subscription automatically renews after trial until cancelled.

Apple and Apple Music are registered trademarks of Apple Inc., and the b logo and BeatsAudio are registered trademarks of Beats Electronics, LLC. ©2018 FCA US LLC. All rights reserved. Jeep is a registered trademark of FCA US LLC.